



# Physical Education

## Why study Physical Education?

Physical Education is a fascinating, diverse and modern subject. It covers scientific aspects such as anatomy and physiology as well as socio-cultural issues such as the media and drugs in sport. Sport Science is one of the most popular university courses and students at CRGS often go on to study at the world-leading Loughborough University.

## Course Outline

The course will cover the following areas:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill acquisition
- Sport psychology
- Sport and society
- Contemporary issues in physical activity and sport
- The role of technology in physical activity and sport

## Assessment

Component 1: Physiological factors affecting performance  
(Written paper, 2 hours, 30%)

Component 2: Psychological factors affecting performance  
(Written paper, 1 hour, 20%)

Component 3: Socio-cultural issues in physical activity and sport  
(Written paper, 1 hour, 20%)

Component 4: Performance in physical education  
(Non Exam Assessment, 30%)

## Frequently Asked Questions

*Q. Is any previous knowledge required to study this subject?*

Students must have *either* 2 GCSEs in Combined Science at grade 5 or above (i.e. grade 5 or above in both) *or* at least grade 5 in GCSE Biology *or* at least grade 5 in GCSE Physics.

## Head of Learning

Miss R L Sutcliffe

## Departmental Staff

Mr M B Cole – 2<sup>nd</sup> in Dept  
Mr J O Alcock  
Mr R J Edmondson  
Mrs S J Winstanley

## Exam Board

OCR A Level Physical  
Education

## Where are they now?

Recent students of Physical Education at CRGS have gone on to study:

- Exercise Biomedicine (Newcastle)
- International Business Management (York St. John)
- Law (Newcastle)
- Neuroscience (Bristol)
- Performance Analysis and Coaching Science (Derby)
- Physical Education and School Sport (Edge Hill)
- Physics with Astronomy (Nottingham)
- Physiotherapy (Leicester)
- Sports Business and Coaching (Leeds)
- Sport Exercise and Physical Activity (Durham)
- Sports and Exercise Science (Loughborough)
- Sports Technology (Loughborough)

Students must be regularly competing or coaching in one of the JQC approved activities outside of school and must be committed to continue with this throughout the two year course. If coaching, students will be expected to contribute to extra-curricular sports activities at the CRGS Main School. Students should also have a keen interest in the theory of Physical Education and be aware of global issues surrounding sport. There is an element of Non Examination Assessment, so students must be prepared to work diligently, independently and meet deadlines.

Students are required to meet the General Entry Requirement of a minimum of 4 GCSEs at grade 6 with at least GCSE grade 4 in English Language and Maths.

*Q. What opportunities are there for Extended Learning?*

Students have leadership and officiating opportunities throughout the course, especially at CRGS' Main School site. They will also take part in educational visits. In Year 12, this has previously included Leeds Carnegie, the University of Cumbria and Sport City in Manchester. In Year 13, students visit Loughborough University where a significant number of our students choose to continue their sport-related studies.

*Q. What facilities are there?*

The Physical Education department is well-resourced and taught by outstanding teachers. As well as lessons in the Sixth Form, students use CRGS' Main School site where there are excellent sports facilities including a new Sports Hall, tennis courts, full size 3G pitch and extensive playing fields.

*Q. What sport can I be assessed in?*

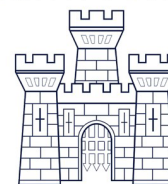
Students must keep a participation log book and recorded evidence of their competitive performance or coaching in one of the activities from the approved list. Only the activities listed are allowed and students must be performing/coaching to a good standard throughout the two years. Please find the approved list of activities by following the link below.

<https://www.gov.uk/government/publications/gce-as-and-a-level-physical-education>

### **Exam Board Specification**

OCR A Level Physical Education (H555) [www.ocr.org.uk](http://www.ocr.org.uk)

**CRGS**  
SIXTH FORM



## **CRGS Sixth Form Admissions**

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