



# Physical Education A Level

## Overview

A level Physical Education qualification allows students to play to their strengths and gain dynamic theoretical and practical skills for further education or work. A-level Physical Education qualification has been expertly tailored to allow a combination of content refreshment previously covered in GCSE Physical Education, whilst embedding new content from topics such as Technology in Sport, Biomechanical movement and Sports Physiology.

## Why Study?

A level Physical Education is a two-year course comprising two exam papers (2 hours), practical performance and written coursework.

## Course Overview

Paper 1: Factors affecting participation in physical activity and sport; is divided into three sections:

- Section A: Applied Anatomy and Physiology
- Section B: Skill acquisition
- Section C: Sport and Society

Assessment

- Written exam: 2 hours
- 105 marks
- 35% of A level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

Paper 2: Factors affecting optimal performance in physical

activity and sport; is also divided into three sections:

- Section A: Exercise Physiology and Biomechanics
- Section B: Sport Psychology
- Section c: Sport and Society and technology in sport

Assessment

- Written exam: 2 hours
- 105 marks
- 35% of A level

Questions

- Section A: multiple choice, short answer and extended writing (35 marks)
- Section B: multiple choice, short answer and extended writing (35 marks)
- Section C: multiple choice, short answer and extended writing (35 marks)

Non-exam assessment (NEA): Practical performance in physical activity and sport

Assessment

- Students assessed as a performer or coach in the full sided version of one activity.
- written/verbal analysis of performance.

How it's assessed

- Internal assessment, external moderation
- 90 marks
- 30% of A-level

## Progression

Most students who study A-Level PE go on to University in areas such as Sport Science, Sports Coaching, Sport Psychology, Sports therapy/Physiotherapy or other science based degrees.



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