



PHYSICAL EDUCATION

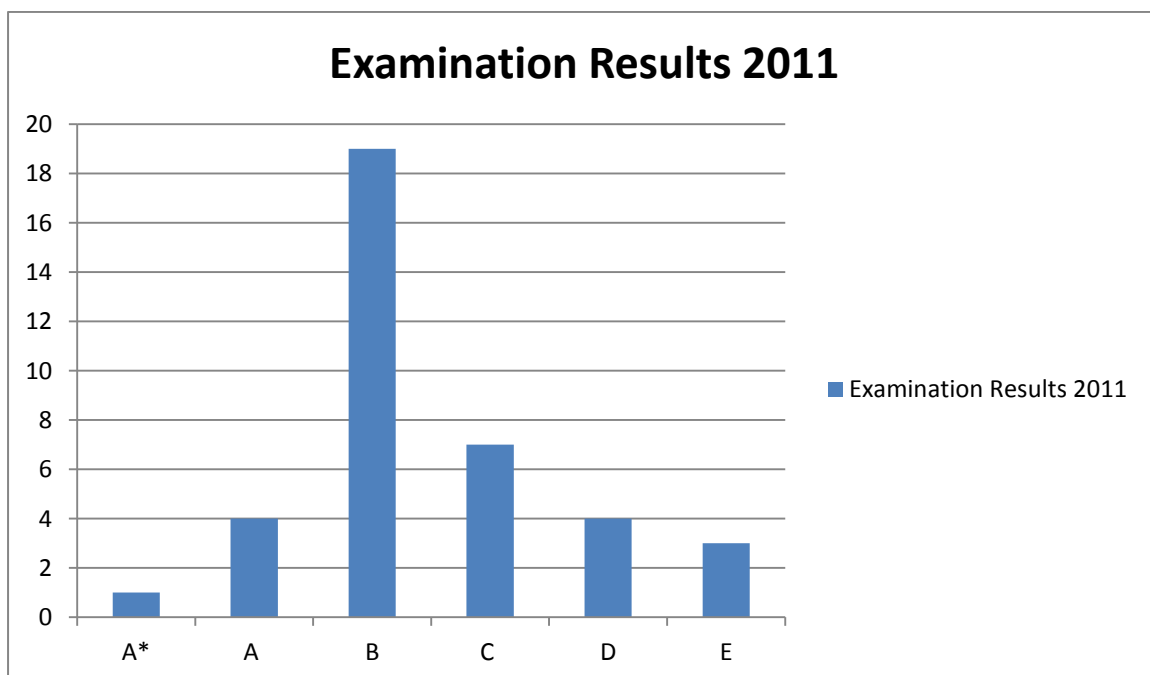
Advanced General Certificate of Education (AS and A2)

WHY PHYSICAL EDUCATION?

There are a growing number of opportunities for students of AGCE Physical Education. Physical Education is an ideal qualification for students interested in studying amongst other things, Sports Science, Physical Education, Physiotherapy or Leisure at University. AGCE Physical Education develops transferable skills and key skills for which employers look, so students can use their qualifications to go straight into employment. Finally, it offers a greater opportunity to stay actively involved in sport.

SPECIFIC ENTRY REQUIREMENTS

- 6 GCSEs (Grades A* - C)
- Minimum B grades in Science and English





COURSE DETAILS

Edexcel Syllabus: 8PE01/9PE01

AGCE PE You will study four Units as follows:

AS Unit 1

Participation in Sport and Recreation (*Examination Unit*)

The unit content is divided into **two** sections, with each section outlining the specific knowledge and understanding required by the student.

The first section will develop the student's knowledge and understanding of what constitutes a healthy and active lifestyle. Students will investigate how the body responds and adapts to exercise, the components of physical and skill fitness and different methods of fitness training. The rationale behind carrying out fitness assessments and the protocols associated with recognised fitness tests will also be considered.

The second section encourages the student to develop their knowledge and understanding of how competitive sport has developed over time. They will learn how a lifelong involvement in sport is encouraged.

The assessment of this unit is through a 1 hour and 30 minute examination paper. The paper will be a question-and-answer booklet, consisting of short answer and extended-writing type questions, all of which are compulsory.

AS Unit 2

The Critical Sports Performer (*Portfolio Unit*)

The fundamental aim of this unit is to engage participants in **four** tasks. These tasks will offer a framework of opportunities to develop practical experiences and conduct independent research into the structure, provision and analysis of physical activity.

Students will have the chance to develop their performance in **two** chosen roles from a choice of **three** (performer, leader and official) and record their performance over a period of time.

They will then undertake a study into the provision for all **three** roles at a local level, followed by a study of the provision for one role at the national level.

Lastly, they will produce an analysis of their performances in the first task.

This unit is internally assessed, through a portfolio of evidence, for the **four** tasks within the unit. Students must complete all **four** tasks.

A2 Unit 3

Preparation for Optimum Sports Performance (*Examination Unit*)

Students will develop a knowledge and understanding of the short and long term physiological and psychological preparations made by elite athletes.

They will consider the short- and long-term technical preparations required, e.g. selection of appropriate kit and equipment, the use of training camps, different types of ergonomic aids.

The assessment of this unit is through a 2-hour examination paper. The paper will be a question-and-answer booklet, consisting of short-answer and extended-writing type questions, all of which are compulsory.



A2 Unit 4

The Developing Sports Performer (*Portfolio Unit*)

The tasks undertaken in *Unit 2: The Critical Sports Performer* lay the foundation for students to specialise in **one** practical performance role and progress this performance, and undertake **three** further tasks.

Students will construct a development plan to further progress their performance as performers, leaders or officials.

They will also research **one** of these roles in an international context, taking in grassroots participation, elite performance and other factors. Students will then continue to refine their performances in **one** chosen role.

Lastly, they will plan their life in physical activity, from the Advanced Subsidiary course to the potential opportunities and performance structure open to them, thereby outlining a „time line“, through school, college, university, club, veterans and future roles.

Students must undertake **four** tasks for assessment in this unit. They will be required to submit their completed tasks for internal centre marking using the Edexcel criteria, and for external moderation with evidence being submitted on the student's own CD portfolio.