

A-LEVEL PHYSICAL EDUCATION



INFORMATION
for students and parents

2026 ENTRY

PHYSICAL EDUCATION

Studying Physical Education at A-level will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of Physical Activity and Sport. You will learn the reason why we do things, why some people outperform others – mentally and physically. You will also delve into ethical considerations behind the use of drugs and also the influence that modern technology is having on sport.

A-level PE involves the study of three theory components and the assessment in one practical component.

COURSE OUTLINE

Component 1: Physiological Factors Affecting Performance

A 2 hour written paper focusing on Applied Anatomy & Physiology, Exercise Physiology and Biomechanics.

(30% of total A-level)

Component 2: Psychological Factors Affecting Performance

A 1 hour paper focusing on Skill Acquisition and Sports Psychology.

(20% of total A-level)

Component 3: Socio-Cultural and Contemporary Issues

A 1 hour paper focusing on Sport, Society and Technological Influences.

(20% of total A-level)

Component 4: Performance within Physical Education

There are two parts to this component:

1. Sports Performance/Coaching in one activity
2. Evaluating and Analysis of Performance for Improvement of Performance (EAPI). This component is internally assessed and externally moderated. It does not have to be the same sport or activity that was undertaken in part one, although it can be.

(30% of total A-level)

EXAMPLES OF PRACTICAL ACTIVITIES

(from approved DfE list)

- Athletics
- Badminton
- Basketball
- Dance
- Equestrian
- Hockey
- Netball
- Swimming
- Tennis
- OAA activities (Rowing, Kayaking, Rock Climbing)

FURTHER INFORMATION

Pupils with a genuine interest in studying sport will find the A-level PE course a wonderful platform from which to launch a career in the world of sports therapy, teaching, coaching, sports psychology, sports technology and not least sports science.

Many of our past students have gone on to study Sports Science, Medicine, Dentistry, Physiotherapy and Food Science amongst other subjects.

Full course details can be found at: www.ocr.org.uk





MADE FOR GIRLS AGE 4 - 18

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