

A LEVEL PHYSICAL EDUCATION

2025-26



THE
PORTSMOUTH
GRAMMAR
SCHOOL

Course Outline

AQA A-Level Physical Education explores the scientific and socio-cultural factors that influence performance in sport and physical activity. Students develop their knowledge in areas such as anatomy and physiology, biomechanics, psychology, and contemporary issues in sport, alongside improving practical performance and analysis. The course combines theoretical understanding with applied practice to prepare students for further study or careers in sports science, teaching, coaching, and related fields.

A Level External Assessment

Pupils will be assessed at the end of two years through two papers (2 hours apiece, each worth 35%) and NEA.

Paper 1: Applied anatomy and physiology, skill acquisition, sport and society
Paper 2: Exercise physiology and biomechanics, sport psychology, sport and society and the role of technology.

NEA: Practical performance, analysis and evaluation in one sport is assessed through internal assessment with external moderation. The NEA is worth 30% of the available marks.

Entry Requirements

At least a Grade 6 in GCSE PE (theory papers) or a Science, preferably Biology is required. Commitment to competitive training and performance in one of the sports listed in the specification is also needed. In practise this means playing at school 1st team or club 1st team level or above. Candidates must be regularly competing throughout the Sixth Form.

Skills Required and Developed

Practical skills of performing or coaching are essential. This element of the course is independent and requires pupils to develop their own performance over the first five terms and submit video evidence for their practical assessment. The performance analysis assessment involves a comprehensive written analysis and evaluation which requires good understanding of technical and tactical performance in a chosen sport. A range of academic skills are important, especially in the synoptic element of the course, which requires pupils to draw together different areas of knowledge, skills and understanding from across the full course of study.

Beyond the Classroom

Pupils are expected to play an active part in the sporting life of the school. There are many clubs available before and after school and during lunchtimes, particularly the athletic development programme, for pupils to attend and improve their performance in their chosen sport.

University Courses and Professions that require the Subject

Many of our pupils have gone on to study Sport Science at universities such as Loughborough, Bath and Exeter. Others have found A Level Physical Education a useful partner to the sciences, particularly Biology and Psychology. Professions that this A Level would support: Physiotherapist, Exercise Physiologist, Sport Psychologist, Nutritionist, Sports Marketer, Performance Analyst, Data Scientist, Designer for Sports Technology, Strength and Conditioning Coach, Personal Training, PE Teacher/Lecturer. A Level Physical Education is also a suitable A Level option to enable you to study almost any degree at university, except medical, veterinary and dentistry courses.



More Information

Contact our Head of PE, Mr. A Seddon:

- Telephone: 023 9268 1388
- Email: A.Seddon@pgs.org.uk

You can also find more information on the exam board's website: www.aqa.org.uk