

# A Level Physical Education

## A Centre of Excellence

Students studying sport at Cronton will be part of a Centre of Sporting Excellence and will have access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally.

Our extensive elite sporting opportunities include individual coaching, prestigious and high profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

### Why study this course at Cronton Sixth Form?

Sport is so much more than just the actual match or event. It is about the training, the equipment, the nutrition, the funding, the mind and the science. The course considers the athlete and industry as a whole and has a strong theoretical element amounting to 70% of the course the remaining 30% is coursework.

You will also benefit from the opportunity to hear from guest speakers and participate in small QA sessions to check knowledge and understanding of key content delivered. Talented sports performers studying A level PE have the opportunity to be a part of our Centre of Sporting Excellence and will have access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally. Our extensive elite sporting opportunities include individual coaching, prestigious and high-profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

The theory component examines a range of topics involving anatomy and exercise physiology, psychological aspects, acquisition of skills and sociological aspects of sport which include issues such as discrimination, sponsorship and the roles of the sporting bodies that contribute to sporting success in Britain. You will be assessed practically in your chosen sport and will also develop your ability to analyse sports performance

### How will I be assessed?

There will be two exam papers at the end of the 2 years which comprises 70% of your final mark. Coursework, involving practical performance assessment and analysis, will be assessed internally and verified externally and this makes up the remaining 30%.

### What will I study?

On the A Level PE course you will take part in three theory sessions per week, plus some practical lessons, in which you will embed the theoretical knowledge into your practical performance, thereby enabling you to make informed decisions on how to improve your technical, tactical performance.

**Year 1:** In the first year you will study 3 topics; Applied Anatomy & Physiology, Skill Acquisition and Sport & Society.

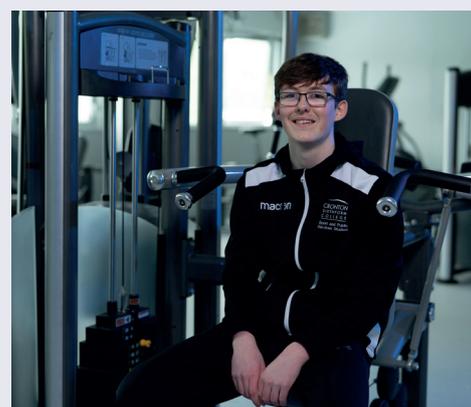
**Year 2:** You will cover 4 topics; Skill Acquisition, Biomechanics in Sport, Exercise Physiology and the Role of Technology in Sport.

### Entry Requirements

A minimum of 3 x 5's and 2 x 4's at GCSE including a Grade 5 in English Language, a Grade 5 Maths, a Grade 5 in a Science subject and a Grade 5 in GCSE PE or a Merit or above in a Level 2 Vocational sport qualification. You must also play your sport competitively at club level or above.

### Can I study this course if I have not taken it at GCSE?

Students are required to meet the GCSE entry requirements outlined in the prospectus to study the qualification at A level. It is advantageous to have studied GCSE PE as this provides a good foundation for further theoretical and practical study at A level.



**Please note:**  
all of our A Level subjects must be studied as part of a full time A Level programme. You will choose 3 A level subjects to study over two years.

## Enrichment Opportunities

Students studying A level Sport at Cronton will have the chance to go Skiing in France and visit Barcelona, these experiences have provided past students with the opportunity to travel, complete work experience, take in different cultures, grow on a personal level and make lifelong friendships. Students also have the opportunity to take part in a full Sport enrichment programme and talented sports performers will have the opportunity to join our Centre of Sporting Excellence providing access to the fitness suites in the new IDEA Centre. Our coaches are committed to helping young athletes develop and excel both academically and professionally. Our extensive elite sporting opportunities include individual coaching, prestigious and high-profile sporting partnerships, scholarships, links with governing bodies and an international ski trip. The focus is on encouraging and supporting every student in maximising their performance in their chosen sport.

## What can this course lead on to?

Upon successful completion of the A Level Physical Education course it is possible to progress into higher education to study in the following areas: Sport and Exercise Science Physical Education Teaching (both primary and secondary) Sport Therapy, Sport Performance and Nutrition, Recreation/Sport Management, Leisure Management, Sport Development, Sport Psychology There are also opportunities to apply for the armed forces, or to seek employment within leisure centres, health clubs or sports coaching within the UK or abroad. Past A Level PE students have gone onto Higher Education on one of the many sports degree courses available, or have obtained employment within the fitness industry, sport development centres or community football instructors.

## Any additional costs?

Students will be expected to purchase the course A level AQA Text PE student textbook to assist you in your studies and make a contribution to trips and visits that are organised to support curriculum delivery. Additionally, there are many useful websites that you may want to familiarise yourself with before you begin your course, these include:

[www.pponline.co.uk](http://www.pponline.co.uk)  
[www.brianmac.co.uk](http://www.brianmac.co.uk)  
[www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com)  
[www.getbodysmart.com](http://www.getbodysmart.com)  
[www.innerbody.com](http://www.innerbody.com)

## What have previous students said about this subject?

“Although the course consists of quite a lot of theory work, you do have plenty of opportunities to play sport. I have also become a member of Cronton Sixth Form Netball Team, where we’ve also had the chance to compete in tournaments at a higher level It’s been great trying to play a sport in a different country, as this could also open up other opportunities in your future.”



## Meet the Students

Name:

**Amy Bennett**

Previously from:

**Wade Deacon High School**

Destination:

**University of Leeds, Sport and Exercise Science**

A Level Results:

<b>PE</b>	<b>A+</b>
<b>Biology</b>	<b>A+</b>
<b>Maths</b>	<b>B</b>



**Outstanding  
Results 2021**

**100%  
Pass Rate**

**CRONTON**  
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COLLEGE

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