

PHYSICAL EDUCATION

Why should I study PE?

Studying physical education and sport will not only give you the in-depth knowledge of how to lead a healthy, active lifestyle, but it brings together the scientific, cultural, moral and historical elements of sport, that enable you to understand how sport has played and will continue to play a huge role in an ever evolving world. You are given the opportunity to understand your body both physically and mentally, and to learn how to apply this knowledge to improve your performances. The opportunities and pathways available with studying this course reach far beyond becoming an athlete. Physiologists, nutritionists, physiotherapists, sports doctors, performance analysts, coaches, reporters, strength and conditioning practitioners, marketing and advertising agencies, sports agents are but a few of the major careers that are now having a huge impact on how PE and Sport is being shaped in the world.

Bolingbroke is best for PE because..

At Bolingbroke Academy, our PE department is led by excellent practitioners of who are talented sportsmen and women themselves. They have the highest of expectations and develop the skills, knowledge and resilience of their pupils to ensure they reach their full potential. The PE department is developing links with sports clubs in and around the borough of Wandsworth, with the potential use of external sports facilities, as well as the facilities we already offer. With an increasing competitive ethos within our sports teams, A-level PE

pupils would be involved in local, divisional and national competitions.

Following on from the success of the skiing trips and the FC Porto trip to come, opportunities to travel and compete in activities adds to the opportunities that are involved with PE & Sport at Bolingbroke.

What will I study?

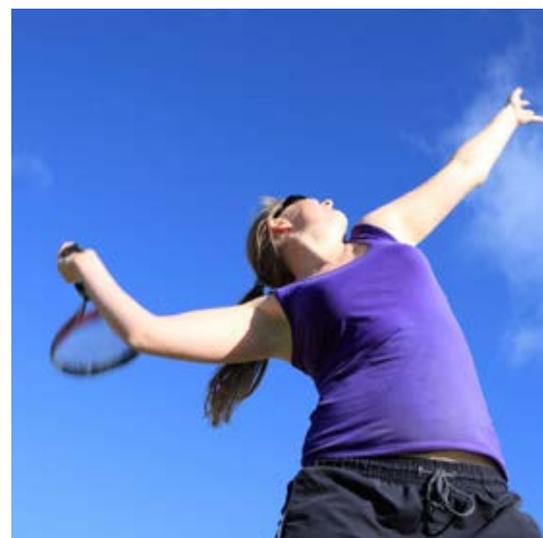
The topics you will study throughout OCR A-Level PE are: anatomy and physiology, acquiring movement skills, components of a healthy, active lifestyle, nutrition, socio-cultural studies relating to participation in physical activity, historical Studies, comparative Studies – comparing PE & Sport in the UK with the USA & Australia, as well as scientific options such as, sports psychology, biomechanics, exercise and sport physiology. You will also study the practical application on all the theoretical content as well as analyse, develop, improve and perform a range of sporting skills, techniques and activities.

The course will carry a weighting of 70% theoretical assessment, which will be completed through written exams. The practical element makes up the remaining 30% where you will perform in one chosen sport at AS, and another at A-Level.

Additional activities within this subject

- Students will develop leadership and coaching skills and have the chance to gain coaching badges for a variety of sports, and at different levels

- Officiate within your chosen sports. Opportunities to gain coaching and officiating badges will be given, as well as a range of work experience opportunities within the industry.



What our students say

“I want to combine studying PE to a high level with expert and caring teachers and making the most of all the sporting and enrichment opportunities that the Sixth Form offers.”

Class of 2019 student