



PHYSICAL EDUCATION



HEAD OF DEPARTMENT: MISS VIV COBNER

QUALIFICATION: A-LEVEL

QUALIFICATION: CAMBRIDGE TECHNICALS: SPORT & PHYSICAL ACTIVITY LEVEL 3

Covering an extremely diverse field of study, the Physical Education department offers both an A-Level and CTEC option, allowing you to explore and enhance your own sporting ability, bridging the divide between the sport and the science behind it. Our team cares about nurturing everyone's talents regardless of ability, within the outstanding facilities which are on offer.

CAMBRIDGE TECHNICALS (CTEC)

The Cambridge Technicals are a great alternative for students wanting to study sport instead of following a traditional A-Level pathway, especially for students who are more suited to coursework and a modular approach, in contrast to the terminal exams of A-Levels. As well as developing their theoretical knowledge of sport, students will also develop practical skills in areas such as sports coaching, activity leadership, officiating and organising sports events.

There are different sizes of course available and dependent on the size chosen, the qualifications can work alongside studying A-Levels in other subjects. Students have the opportunity to study for an Extended Certificate (one A-Level equivalent), Diploma (two A-Level equivalent) or Extended Diploma (three A-Level equivalent). The Cambridge Technical qualification in Sport and Physical Activity is a natural extension from the GCSE with many similarities in the theoretical

components covered. It is not necessary for you to have previously studied GCSE Physical Education, but it is helpful.

COURSE DETAILS

The Cambridge Technicals are continually assessed throughout the course, with the majority of units being coursework based. There are also some exam units. You study a range of units including: anatomy and physiology, sports coaching, sports organisation and development, organisation of sports events and sports psychology. The number of units students take depends on the size of qualification they have chosen to study. Instead of traditional letter grades, students are graded Distinction* (A* equivalent), Distinction (A equivalent), Merit (C equivalent) and Pass (E equivalent). They are then awarded UCAS points: for example, a student achieving DD in the Diploma would receive 96 UCAS points which is the equivalent to 2 As at A-Level.



WHERE WILL A QUALIFICATION TAKE YOU?

Whether you want to study a sport-related course beyond at university or maximise your UCAS points in a subject you are passionate about this is a great choice. Sport is now such a huge industry that there are endless employment opportunities in coaching, teaching, biomechanics, sports rehabilitation, health, leisure and fitness, officiating, sports technology development, sports administration, sports management and media.

A-LEVEL

The A-Level in Physical Education is a natural extension from the GCSE with many similarities in the theoretical components covered. It is not necessary for you to have previously studied GCSE Physical Education, but it is recommended.

WHAT YOU WILL STUDY IN LOWER SIXTH

At the start of Lower Sixth you will study applied anatomy and how skills in sport are learned effectively. You can then apply these teachings to the sports you play in and outside of school.

As the year progresses you will study exercise physiology, biomechanical movement and sports psychology, including what gives athletes like Usain Bolt the psychological

edge over other athletes. You will also study the role of technology in physical activity and impact of sport on society - why would one billion people would watch a single sporting event?

Students start collecting video evidence of their practical sport, which they then will complete a written piece of coursework on analysing and evaluating their performance.



WHAT YOU WILL STUDY IN UPPER SIXTH

The A2 year starts with further learning that you can practically apply to your chosen sports. Achievement motivation theory, injury prevention and the correct rehabilitation of injuries feature strongly. Further topics include energy systems, memory models and how to have self-confidence in key fixtures. The non-examined assessment (NEA) gives every student the opportunity to analyse, evaluate and improve performance through video

analysis. This will begin in the Lower Sixth year but will be submitted in the Upper Sixth and will contribute to your overall grade.

The year progresses with a look at the wider macro-environmental issues surrounding sport. Topics include ethics in sport, drugs in sport and legal issues. An element of media studies also features where you will examine the impact of commercialisation on sport.

WHY STUDY THIS AT TRURO SCHOOL?

You may have a passion for sport and want to develop your understanding of sport and how to improve the performance of yourself and others. You will be taught by different specialist teachers each year, all of whom are experts in their chosen areas of the syllabus. Sport at Truro School is inclusive, catering from participation to elite-level sport with one in seven of our athletes playing at county, regional, national or international level.

EXTENSIONS AND OPPORTUNITIES

During the two years you will have the opportunity to expand your knowledge through reading PE review and have the opportunity to attend talks by professionals from different sporting backgrounds.

Most Physical Education students are actively involved in the sporting life of Truro School, representing our teams, helping with officiating and developing their leadership skills through helping to coach junior sports teams. This experience looks great on CVs and is particularly valuable should you wish to seek jobs in the industry further down the line. There are numerous opportunities to get top-quality coaching in a wide range of sports as well as playing and training for recreation.