



# A-level Physical Education

The combination of physical performance and academic challenge provides an exciting opportunity for students at LRGS. They can perform, and then through academic study, improve their performance or coaching.

Students will also delve into the ethical considerations behind the use of performance enhancing drugs and also the influence that modern technology is having in and on physical activity and sport.

Content that you will cover include; exercise physiology, biomechanics, technology in sport, sports psychology, contemporary issues in sport and anatomy and physiology.

LRGS have been awarded a Platinum Standard for the School Games Mark. This award is from a Government led awards scheme launched to reward schools for their commitment to the development of sporting activity and competition across their school and into the community.

## What can Physical Education lead to?

This course is an excellent base for a University degree in sports science, sports management, healthcare, exercise and health. Pupils who have recently studied here have been accepted to university courses including: sports development, sports coaching and physiotherapy.

“Studying Physical Education enabled me to apply and get accepted onto a course to study radiography at university”  
Former A-level student

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**Exam board: OCR**

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Lancaster Royal  
Grammar School

State Day and Boarding School for Boys Aged 11 to 18  
Coeducational Sixth Form



# SIXTH FORM

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