



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

# A-level Physical Education

The A-level PE course at LRGS combines analysis of practical performance and rigorous academic study. Students have the opportunity to demonstrate their prowess in one practical sport throughout the course and are graded based on their ability to show core skills and actions in competitive scenarios.

The academic side of the course delves into the physiological, psychological, and ethical influences in sport and physical activity.

## **Paper 1** - Physiological Factors Affecting Performance: (30%)

- Exercise Physiology - Diet and Nutrition, Injury Prevention and Rehabilitation, Impact of Lifestyle Diseases, Principles of Training, Ergogenic Aids.
- Biomechanics and Movement Analysis
- Anatomy and physiology - Recovery Systems, Musculoskeletal and Cardiorespiratory Systems.

## **Paper 2** - Psychological Factors Affecting Performance: (20%)

- Skill Acquisition - how performers acquire the skills necessary to be successful in sport and physical activity.
- Sport Psychology considers the influence that a performer's individual make-up has on their chances of success and failure. Including sections on personality, leadership, confidence, motivation, arousal, anxiety and aggression.

## **Paper 3** - Sociocultural and Contemporary Influences: (20%)

- Explore the use of performance enhancing drugs and the influence of modern technology on physical activity and sport
- Commercialisation
- Historical factors influencing sport

## **Part 4** - NEA & EAPI (30%)

- Practical Performance - coaching or performing
- Evaluation and Analysis Task

The LRGS PE Department have been awarded the Platinum School Games Mark for 2024/25. 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 sport and exercise science, sports management, healthcare, physiotherapy.

**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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