



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.

Topics that you will cover will include; joints, movement and muscles; respiratory system during exercise of differing intensities and during recovery; ergogenic aids, rehabilitation of injury and much more.

LRGS have been awarded a Gold 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 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.

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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