Corfe Hills School
High Expectations | Exceptional Individuals

Physical Education

Room: Shades Café

What the Students Say

'I have felt supported throughout Year 12 to do my best'

What Is This Course About?

This is a dynamic and stimulating course, which will help you develop an appreciation of the importance and nature of sport and exercise. You will look at the human body and mind as it performs different sporting activities and look at the importance of sport in our society.

The course is designed for those students who have a good sporting/dance ability and wish to pursue a sports related degree at university.

It is important to state here that to attain the top marks in A Level PE it is essential that you are very competent in one sport and compete regularly outside of school.

What Will I Learn?

In Year 12 you will look at three main areas; the physiology of the body and how we react to physical activity, skill acquisition and how we develop skills, and finally, social history and how sports have developed. There will also be the practical assessment in a fully competitive environment.

In Year 13 you will have two main study topics. The first continues with the theme of optimising the performance of an athlete. This includes how physiology can improve performance for elite athletes, as well as studying the current topics within sport today and psychology. The second study topic looks at performance in competitive situations. This includes the observation and analysis of your own weaknesses.

Where Will It Take Me?

Combined with A Level subjects such as Biology, Sociology and Psychology, you will be equipped to study sport science-related degrees such as Sport and Exercise Science, Sport Management, Sport Therapy, Teaching, Sport Coaching and Physiotherapy.

What Other Opportunities Exist Outside of Class?

The PE department contributes a great deal to sixth form life in general via our enrichment programme and you will be encouraged to involve yourself in developing your sporting skills through involvement with a number of clubs and team sports. You will have access to extra-curricular activities such as badminton, volleyball, 5-a-side football, handball, tennis, trampolining and cross-country.