



# Physical Education

## Expectations for success:

- To maintain a minimum of 95% attendance of all PE lessons.
- To complete the Pre-learning work to a standard expected by the PE dept.
- To conduct yourselves in an adult and professional manner in the lesson; our expectation is that this is the start of your professional career and you should behave in a manner that reflects this.
- We have had a number of students gain A\*'s and A's at A-Level recently, we will encourage and support you in every way that we can to make sure that you become one of those successful people. By our commitment to you we expect you to honour that commitment by working hard, diligently, with pride and aspiration.
- One aspect of this is you having the self-motivation to research effectively, completing additional wider reading that is outside the normal remit and that aids and elaborates the knowledge gained within the classroom.
- Due to the way the course is structured and taught you cannot hand in work late, it defeats the principle of Pre-Learning, so not only do you suffer for your poor organisation you also impact on the learning of others.
- Every item of work will be marked and graded, there will also be a section called MRI (My Response Is), this must be completed to show that you understand the teacher's comments and you have a plan to action a response.
- Below is a wider reading list, however the Internet is a wonderful source of information. Be warned PE is quite a scientific A-Level and it is possible to access information from the internet that is not relevant and could mislead you.
- There is a lot of work involved in this A-Level you must be prepared to work independently 6-7 hours a week on A-Level Physical Education.
- You will be required to complete practical coursework, we will take you through this step by step, however this is an independent task and one you will need to prepare for early.
- Pre-learning and any other independent work will need to achieve a certain mark or you will be asked to either repeat or upgrade the work.

## Wider Reading list

- Bevis and Murray AQA Physical Education
- Clegg C *Exercise Physiology* Feltham Press
- Davis R, etc. *Physical Education and the Study of Sport* Mosby Wolfe Pubs. 5th Edition
- **P.E. Review** *P.E Review* Philip Allan Updates
- Powers S and Howley E *Exercise Physiology: Theory and application to fitness and Performance*, McGraw-Hill
- Atherton C, Skills Acquisition/ Sport Psychology, Philip Allan Updates
- Cashmore E, **Making Sense of Sport**, Taylor and Frances Ltd
- **P.E. Review** *P.E Review* Philip Allan Updates
- Cox RH, **Sport Psychology**, McGraw-Hill
- Farrally M R **Introduction to Sports Psychology**, Coachwise Ltd.
- Jarvis M, **Sports Psychology**, Taylor & Francis
- Bernstein and Blain *Sport, Media and Culture* Frank Cass Pubs
- Davis R, etc. *Physical Education and the Study of Sport* Mosby Wolfe Pubs. 5th Edition
- **P.E. Review** *P.E Review* Philip Allan Updates
- Coakley J J *Sport in Society: Issues and Controversies 10e* McGraw-Hill
- Guttman A *From Ritual to Record: the Nature of Modern Sport* Columbia Univ Press.
- Holt R *Sport and the British: A Modern History* Oxford University Press