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SPRINGBOARD



A-Level Physical Education

OUR COURSE DETAILS

Welcome to the world of sports science! All you need to bring with you is a willingness to learn and a winning attitude. With these qualities there is no limit to what you can achieve! What you will develop studying Physical Education is a growth mindset and a resilience that will last a lifetime. You have a unique chance to kick-start numerous awesome careers – from physiotherapy to leisure management and everything in between.

What separates elite performers from also-rans are self-belief, determination and focus on the end goal – to achieve a ‘lifetime best’ in your two years of study. Using the OCR specification, you will learn everything there is to know about the body in sport – how it moves; how it can cope with high levels of fatigue and pressure; how it can get stronger/faster/more flexible; how it can recover from injury; how the mind can be the difference between success and failure...the list goes on.

We are the most active of academics!



PREPARING FOR STUDY

Get hold of the OCR Revision Guide!
Do not use your GCSE notes.

A Level PE Revision



EMPLOYABILITY

www.prospects.ac.uk



FILMS

- Remember the Titans
- The Program
- Coach Carter
- Any Given Sunday

UNIVERSITY COURSES

Have a look at this:

www.theguardian.com



OUR TOP READS

- 'Bounce' M. Syed
- 'The Dirtiest Race in History' J. Moore
- 'Legacy' J. Kerr
- 'Seven Deadly Sins' D. Walsh

USEFUL ONLINE LINKS

BBC Sport; 'Savage, Flintoff and the Ping Pong Guy'; 'Tailenders'; 'Scrum V Rugby';
'BBC Sounds' app for many more sport and science podcasts.

LINKS TO THE SPECIFICATIONS

www.orc.org.uk

PEOPLE TO RESEARCH

Matthew Syed: how practice makes permanent and the mindset needed for success in anything.

Lance Armstrong: why and how did he become sport's biggest cheat?

The All Blacks: how have they become the most successful sports team in history?

Pierre de Coubertin: founder of the Modern Olympic Games.

Jonny Wilkinson: his perfectionism and dealing with anxiety.

