

A Level Physical Education (PE)

Ofsted Outstanding Provider

Course Level: Level 3 | **Campus: Newcastle** | **Subject Type: Sport & Public Services**

Course Overview:

Explore the role of physical activity in promoting health, fitness, and performance with our A Level Physical Education course. This interdisciplinary program covers a wide range of topics, including exercise physiology, sports psychology, and socio-cultural influences on sport and physical activity. Through practical activities, theoretical study, and critical analysis, students gain insight into the principles of effective coaching, development, and sports performance.

What's Covered:

The course is designed to equip learners with both an in depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. The course aims to create confident independent thinkers and effective decision makers who can operate as individuals or as part of a team – all skills that will enable learners to effectively promote themselves as they progress through life.

We offer a flipped learning approach to the curriculum which provides students with the opportunity to learn the basics of topics at home and consolidate learning in the classroom. Students are expected to be competing in their chosen sport on a regular basis and video evidence will be submitted for practical assessment and external moderation. Your teachers are experienced performers in the fields of swimming, gymnastics and football; Having represented their sports at the highest level, they can help improve your practical grade through regular coaching and participation in the NSCG sports teams. There is also opportunity to represent your sport at the British Colleges Sport National Championships. We also strongly recommend that all students purchase a relevant text book for the course.

100%

pass rate

50%

achieved A*-B in 2026

Entry Requirements:

You will need a minimum of five GCSEs at grade 5 or above including Maths & English Language, in subjects relevant to your A Level Programme. You will need to achieve GSCE Science (Biology) at grade 5 or above. You must also play at least one sport at local, regional or national level for the duration of this course.

Assessment Information:

All students will sit all their exams and submit all their non-exam assessment at the end of the two years. Assessment is comprised of two external examinations and one moderated practical based assessment with a written evaluation of performance .

Paper 1:
(2 hour written exam, external) 105 marks, Contributes to 35% of final grade.

- **Factors affecting participation in PE & Sport**
- Section A: Applied anatomy & physiology
- Section B: Skill acquisition
- Section C: Sport & society

Paper 2:
(2 hour written exam, external) 105 marks. Contributes to 35% of final grade.

- **Factors affecting optimal performance in PE & Sport**
- Section A: Exercise physiology& biomechanics
- Section B: Sports psychology
- Section C: Sport, society & technology

Non-exam assessment
(internal assessment, external moderation). Contributes to 30% of final grade.

- Section A: Practical performance or coach in full-sided fully-competitive activity
- Section B: Written analysis of performance

Fees and Financial Support:

This course is free for anyone aged 16 – 18.

College Maintenance Allowance (CMA):

Anyone with a gross household income under £35,000 can receive financial support to cover college related costs such as transport, meals, course equipment and uniform. Bursary support is based on individual circumstances and will be allocated to best suit your individual needs. A range of other financial support is available depending on your personal circumstances. For more details visit nscg.ac.uk/finance

Progression:

Successful completion of the course gives you a qualification that is accepted for entry into Higher Education for studies in a variety of PE related fields including primary and secondary teaching, sports science, physiotherapy, sports therapy, sports psychology and physiology.

What else do I need to know?

We offer a range of compulsory and optional trips/talks on our A level PE programme to further your understanding of PE in a wider context of sport, such as biomechanics/physio talks, regular fitness testing, and a day trip to the University of Central Lancashire to experience some of the best sport science facilities in the country. Any students competing at county level or above in their chosen sport have the opportunity to enrol on to the Elite Sports Performance Programme or the Talented Athlete Scholarship Scheme, where you will have access to sports massages and subsidised gym and kit.

Think of what you're capable of. Then think beyond it.

Step up to a top university or move into a competitive programme like Medicine or Law with our Honours Programme. Perfect for ambitious and high-achieving students. The Honours Programme is an additional pathway for students whose aspirations are to progress onto highly competitive courses at top universities, such as those in the Russell Group. Once accepted onto the programme, you'll be expected to commit extra time every week to this intensive support pathway.

Find out more
here

How do I find out more?

If you wish to find out more you can contact Hannah Dale by emailing: hannah.dale@nscg.ac.uk.