PHYSICAL EDUCATION

EXAM BOARD: Pearson Edexcel

Why study Physical Education?

Physical Education is a subject that gets to the bare bones of sports performance. It enables an individual to understand how performance can be affected both in a physical and a psychological sense.

You will learn about the diverse nature of sport; the interdependence of various areas of sport and physical education; sporting success and failure; how athletes need to adapt physically and mentally to the changing sports environment; investigating the impact of technology and commercialism on participation and performance; how to refine and analyse your own performance and how to make decisions about what to do in your own fitness and training.

Physical Education is the right subject for you if you enjoy learning about the world of Sport and Physical Education through research and investigation; keeping up to date with national and international sporting issues; performing and developing your practical performance; working strategically and making decisions; communicating and explaining your ideas; independent thinking, reflective learning and problem solving.

Subject Specification Outline:

The course consists of four components:

SCIENTIFIC PRINCIPLES OF PHYSICAL EDUCATION

The physiological and biomechanical workings of the body. The anatomica make-up of a performer and how this works alongside training, nutrition and recovery to impact performance.

PSYCHOL-OGICAL & SOCIAL PRINCIPLES OF PHYSICAL EDUCATION

Develop knowledge of the psychological and social principles that underpin physical education and sport. Explore the role that sports psychology has in facilitating optimal sporting performance.

PRACTICAL PERFORMANCE

Develop your practical skills in the role of either a player or a coach. Demonstrate a range of skills, tactics and strategies or compositional ideas while under pressure, in both a conditioned practice a formal/ situation.

PERFORMANCE ANALYSIS & PERFORMANCE DEVELOPMENT PROGRAMME

Undertake an independent study to complete a Performance Analysis and a resulting Performance Development Programme (PDP) in your chosen sport as a performer or coach.

Final Exam Format:

At the end of the course there are two written exams (2 ½ and 2 hours in length), a practical assessment and a written, performance analysis, coursework element.



Self Study Requirements: students will be expected to complete their written coursework and fitness training programme outside of lessons using our fitness facilities. On average each 1 hour lesson will receive 1 hour of extension work to be completed outside of lessons.

Progression Pathways: studying Physical Education will prepare you for a multitude of courses at university or moving into the world of work. You will become skilled in making decisions, solving problems, communication, and working with both quantitative and qualitative data; gain a greater understanding of your own practical performances in order to support progression to the next level of study; develop a blend of scientific and social knowledge which will allow you to access the numerous higher education programmes. Courses could include sports science, sports marketing, sports technology, leisure and sports coaching; be a strong candidate for employment to a wide range of careers from management, to working in public sector organisations or charities.

Our students, beyond Stratford: our 2026 Physical Education students went onto study Sport Management & Coaching, Sport Science & Management, Sport Management & Coaching, Nutrition, Criminology with Sociology, Business, Construction Engineering Management, Biological Sciences, Economics at the universities of Bath, Liverpool, Nottingham Trent, Loughborough, Bath, Exeter and Reading, aong with apprenticeships with NFU Mutual and Disrupt Talent.