

## Activities

The PE department contributes a great deal to college life in general via our enrichment programme. Students can enjoy such activities as badminton, tennis, 5-a-side football, aerobics, circuits, trampolining, archery and judo! A fully-equipped fitness room allows us to offer weight training and fitness classes to those interested in improving their health.

The College caters for budding outdoor pursuits enthusiasts in the form of the Duke of Edinburgh's Award. Duke of Edinburgh students take part in regular evening and weekend outdoor activities which culminate in an expedition, with most students gaining the Gold award. We also have a Sports Leaders Academy where students follow the CSLA course and 'Step into Sport' initiative.

On Wednesday afternoons the College comes to life when our regular sporting fixtures take place and we compete against other 6<sup>th</sup> form colleges in soccer, rugby league/union, netball, hockey, basketball, badminton and tennis.

In Cup and League competition we maintain an excellent standard and enjoy an enviable reputation. Regular training ensures that we maintain our high standards and many of our students gain County and sometimes National recognition.



In 2010 our rugby league, netball and hockey teams were crowned league champions, and 57 students represented the North East of England at the British Colleges National Championships in Loughborough. We were the biggest participating college in the North of England. Our ladies, mens and mixed tennis teams also reached the National Finals in Bolton. Our success continues this academic year as we already have a host of students who have qualified so far in ladies hockey, mens hockey and trampolining for the National Championships in Bath in April 2011

For further information consult the College website on: [www.greenhead.ac.uk](http://www.greenhead.ac.uk)



## GREENHEAD COLLEGE PHYSICAL EDUCATION DEPARTMENT

### AS/A-level Physical Education

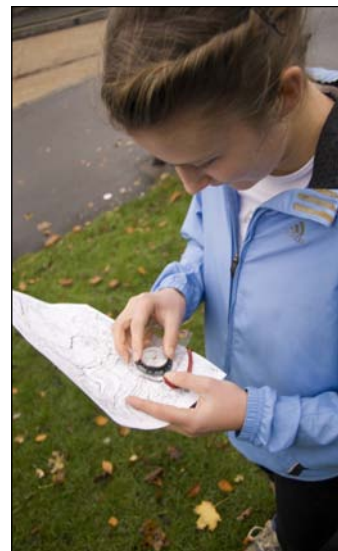
Greenhead College follows the AQA exam board syllabus which allows you to study for an AS-level in PE in one year, and then onto a second year of study through to A-level should you choose to do so. In each year of study you will cover two main units, described below.

#### AS-level PE: PHED 1

Three topic areas will be covered:

- Applied Exercise Physiology
- Skill Acquisition
- Opportunities for Participation

This counts for **60%** of your **AS mark**.



#### AS-level PE: PHED 2 Coursework unit

You will have an opportunity to experience different activities in a variety of roles. The roles assessed by the exam board are:

- performer
- coach
- Official

The activities we offer at Greenhead, include: rugby, football, netball, basketball, hockey, tennis, badminton, swimming, athletics, dance, cricket, orienteering and rounders. There is still an opportunity to be assessed in an activity we cannot offer on site, eg horse riding!

This counts for **40%** of your **AS mark**.

## A-level PE: PHED 3

### Optimising Performance and Evaluating Contemporary Issues

Three topic areas will be covered:

- Applied Physiology
- Sport Psychology
- Evaluating Contemporary Influences

This counts for **30%** of your final **A-level grade**.

## A-level PE: PHED 4

### Optimising Performance in a Competitive Situation

In this unit, you continue with one of the roles in an activity you have experienced at AS-level (ie as a performer, coach or official).

This counts for **20%** of your final **A-level grade**.

### Topic areas covered in PE in more detail:

#### Anatomy and Physiology

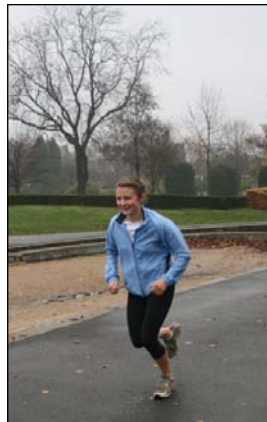
This topic covers a range of different areas at AS/A-level including muscle actions, fitness and health, nutrition, control of breathing/heart rate, energy sources, temperature regulation and lots more!

#### Biomechanics

The 'physics of human movement' will involve studying Newton's Laws, projectile/angular motion and lever systems. The emphasis is on applying such 'physics' to a variety of sporting situations.

#### Skill Acquisition

The AS course requires you to understand areas such as reaction time and memory linked to sport, as well as how to plan/deliver effective coaching sessions. The emphasis is placed on learning theory in practical teaching situations.



## Sport Psychology

At A-level, the main focus is how various aspects of mental preparation affect elite sports performers including topics such as stress/anxiety control, arousal and controlling aggression. Also, how individual factors such as personality influence participation in sport.

### Historical/Contemporary Issues

At both AS and A-level a variety of modern day issues relating to sports participation will be covered, including organisations and initiatives involved in raising participation levels amongst various sections of society. At A-level there is more of a focus on elite sport and how the UK is attempting to 'win more medals'. The historical development of state PE is covered at AS-level before a consideration of how sport became more organised and structured from the late 19th Century onwards, which is studied at A-level.

### Why choose AS/A-level PE at Greenhead?

You will cover a range of different sporting topic areas to give you a broad base to build on at university/apply in your chosen sports. You will get the opportunity to participate in different activities/roles, gaining leadership/officiating awards.

You will be taught by experienced staff who annually achieve excellent results. Each teacher has a specialist subject area in those outlined above. A number have current exam board experience in the different syllabus areas/coursework assessment.

