



Introduction to Post-16 Studies - PE

The A level PE course is a great course and one that gives you a huge range of topics to explore in detail. This includes the study of the human body, exploring current socio-cultural topics in sport and the psychology of sport to enhance physical performance.

The following challenges will help you develop some of the initial skills and knowledge needed for this course.



Watch this documentary

[The Race that Shocked the World](#)

A great insight into the challenges of drugs in sport.



Watch and Think

[Great Sporting Moments](#)

Why do only a small number of athletes make it to the top? Nature vs nurture?



Reflect on this achievement

[2 Hour Marathon](#)

This has lots of factors that you will look at. Try and record the physiological and technological support that made it possible.



[Anatomy of the Human Body](#)

Use the You tube channel above to explore the detail of the human body required at A level. See if you learn 5 new muscles.



Read this article

[Great Sports Coaches](#)

Amazing to compare the approaches of top coaches and reflect on their success.



Investigate

How much power does the media have over sport? What issues has this created?



Useful links

The specification of the PE course:

[PE Specification](#)

Our email:

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