



Archbishop Tenison's

CHURCH OF ENGLAND HIGH SCHOOL

SIXTH FORM: Physical Education



PE A Level Course Overview

Students will undertake a broad programme of study that develops their understanding of the factors that influence sporting performance.

Year 12 begins with an exploration of Exercise Physiology, Skill Acquisition, Sport Psychology and Sport & Society, providing the foundations for success throughout the course.

Through theoretical and practical learning experiences, students will develop their knowledge of the human body, the learning and performance of skills, and the social and psychological influences on participation and achievement in sport.

Students will build their analytical, evaluative and extended-writing skills through the application of theory to real sporting situations and performance examples.

As the course progresses, students will refine their practical performance and begin developing the skills required for their Non-Examined Assessment, applying theoretical concepts to analyse and improve performance. This prepares students for the demands of A Level study and progression into higher education, coaching, teaching, sports science and a range of related careers.



What's great about Art at Tenison's Sixth Form?

Students thrive in the PE department through a balance of engaging practical experiences and challenging academic study. Our classes are smaller than those at GCSE, allowing students to benefit from personalised support, expert guidance and regular feedback from experienced teachers. The department consistently performs above the national average, reflecting the high levels of achievement and support on offer. The department provides a unique opportunity to apply theoretical knowledge in practical settings, helping students develop as performers, coaches and analysts. Lessons are welcoming, supportive and collaborative, creating an environment where students feel confident to succeed, enjoy their learning and reach their full potential.



Opportunities and Successes

- A wide range of opportunities to develop leadership skills through coaching, officiating and supporting sporting events across the school community.
- Fostering a lifelong passion for sport, physical activity and wellbeing that extends far beyond Sixth Form.
- Previous students have progressed onto a variety of sport-related university courses and careers, with many returning to share their experiences and inspire the next generation of students.