



A Level Physical Education

Exam Board: OCR

Website link to specification: <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

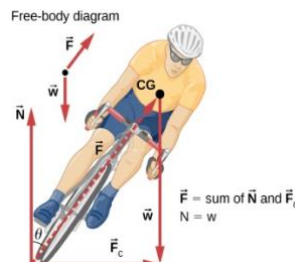
This is a linear course which means you will study the full A Level Specification over Year 12 and 13 and then sit three exams at the end of Year 13.

Content Overview

Assessment Overview

The final exams are structured, taught by and weighted as follows:

<ul style="list-style-type: none"> Applied anatomy and physiology Exercise physiology Biomechanics <p>Mr Jones & Miss Peet</p>	<p>Physiological factors affecting performance (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p>30% of total A level</p>
<ul style="list-style-type: none"> Skill acquisition Sports psychology <p>Mrs Chapman</p>	<p>Psychological factors affecting performance (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% Of total A level</p>
<ul style="list-style-type: none"> Sport and society Contemporary issues in physical activity and sport <p>Miss Rolfe</p>	<p>Socio-cultural issues in physical activity and sport (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% of total A level</p>



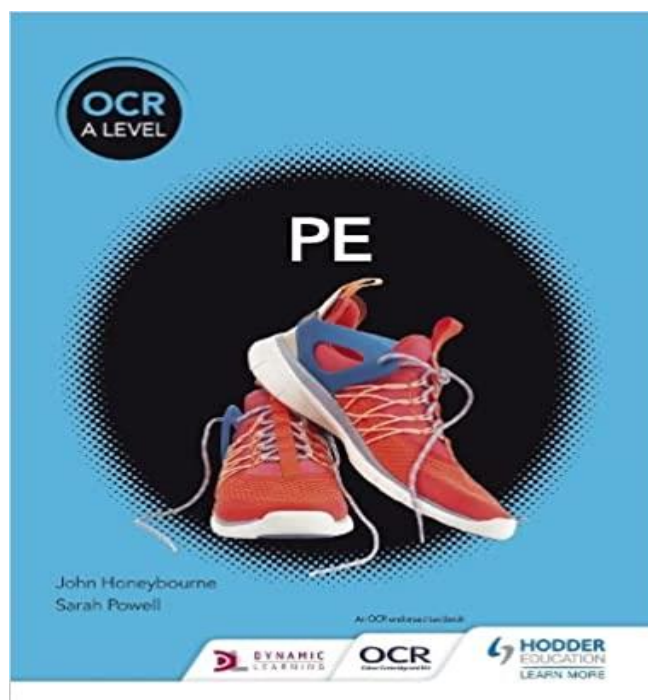
The performance in your one practical sport is worth 15% and the Evaluation and Analysis of Performance for Improvement is also worth 15%.

Getting organised

We will issue you with course folders for each of the key theory areas. As well as these folders, you will need to come with the following to every lesson:

1. A pencil case with different colour pens, highlighters, ruler, pencil and rubber
2. Lined paper
3. Plastic wallets for sheets that cannot (or that you do not want to) hole-punch
4. Your A level PE textbook (see information below)

The textbook we will be using in class is the following:



There is a revision guide that you can purchase to support you on the course, but this is by no means compulsory: <https://www.amazon.co.uk/My-Revision-Notes-OCR-Level/dp/1510405216>

Suggested reading for the summer:

- 'The Effects of Smoking on the Respiratory System' by Mark Thompson
- 'EPOC explained' by Mark Thompson
- 'The Emergence of Women's Sport' by Luke Harris

Over the summer, in preparation for studying A Level Physical Education you should aim to watch/read about as much, and as varied, sport as possible. Many exam questions now expect you to apply your theory knowledge to a range of sporting situations and if you are unsure what the context of the question is, it makes it more difficult to answer. For example, the June 2018 'Socio-cultural Issues' paper referred to Sport Climbing...do you know what this is?