

POST 16 SUBJECT OVERVIEW

Name of Subject - Physical Education

Which Examination Specification is Studied for this Course? OCR

Why should I study this course? - This is an interesting and challenging learning experience, linking key sporting ideas with practical performance and gaining insight into the relationships they have with each other. The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking and acting under pressure. The study of A Level Physical Education opens up a range of possibilities for further study and careers associated with the subject.

Who is suitable to study this course? Students with a keen interest and ambition to pursue a career in Physical Education or sport should definitely consider this course. Any PE qualification at KS4 including GCSE, Sports Science, Sports Studies or Btecs will be useful as well as sound knowledge in the sciences particularly Biology and Physics. A Level Physical Education is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more. A Level Physical Education can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

What GCSE Qualifications Support the Study of this Course? GCSE PE, English, Physics and Chemistry.

What are the Qualification Requirements for this Course? Level 9-6 in GCSE PE or a level 2 merit - Distinction * in Sports Studies or Sports Science.

How is the Course Delivered? - The course will be delivered by two expert and experienced staff. Students will receive five taught hours per week with an expectation of at least one hours independent study per PE lesson to support the knowledge and understanding. We make use of Google Classroom to

set assignments and communicate with students. There is no taught practical element to this course - instead students must demonstrate what level they participate at through video evidence, official records of performance, press write ups etc.

Subject Overview		
Half Term	Year 12	Year 13
Autumn 1	Applied Anatomy & Physiology	Applied Anatomy & Physiology
Autumn 2	Skill Acquisition	Skill Acquisition
Spring 1	Exercise physiology	Exercise physiology
Spring 2	Sports psychology	Sports psychology
Summer 1	Biomechanics	Biomechanics
Summer 2	Sport & Society	Contemporary issues

How is the Course Assessed?

There are four components that students will be assessed in. Three of those components are theory based whilst the other is on practical performance and coursework.

Component 01: Physical factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

There are three topics:

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics.

Component 02: Psychological factors affecting performance

Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

There are two topics:

- Skill acquisition
- Sports psychology

Component 03: Socio-cultural issues in physical activity and sport

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

There are two topics:

- Sport and society
- Contemporary issues in physical activity and sport.

Component 04: Performance in physical education

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance. Students will be assessed regularly during the praising stars cycles across all three components.

What is our Recommended Subject Reading list to Support your Study?

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

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

OCR A Level PE (Year 1 and Year 2) (Sarah Powell, John Honeybourne)

PE Review Magazine (Hodder Education)

