



A Level Physical Education

KS5 Leader: Mrs S Wareing • Exam Board: OCR

Course Entry Requirements:

GCSE Grade 4 in Science and a Grade 4 English and a GCSE Grade 5 (or equivalent) in a PE related course.

Course Outline:

The A Level PE course is aimed at those students who have a strong interest in the theoretical study and practice of sport. Key areas related to sport performance are explored such as applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sport psychology, sport and society, and contemporary issues in sport.

A proven record of achievement in practical sport and current club, district, county and above representation is a correlative factor of success in this qualification.

This is a two year course.

Component 1:

Physiological factors affecting performance [Theory]

Topic 1 – Applied anatomy and physiology 30% of qualification

Topic 2 – Exercise physiology

Topic 3 – Biomechanics

Component 2:

Psychological factors affecting performance [Theory]

Topic 1 – Skill acquisition 20% of qualification

Topic 2 – Sport psychology

Component 3:

Social-cultural issues in physical activity and sport [Theory]

Topic 1 – Sport and Society 20% of qualification

Topic 2 – Contemporary issues in physical activity and sport

Component 4:

Practical performance [Practical]

15% of qualification

- Skills performed in **one** physical activity as a player/performer

Selection of sport choice may be restricted by the exam board

Evaluation and Analysis of Performance for Improvement

[Practical/Written Coursework]

15% of qualification



Assessment:

Assessment of Theory:

Topic tests - these are regular tests that aim to assess the students understanding and recall of each topic.

Unit tests – significantly more detailed tests that cover a wider range of subject content – a number of topics.

End of Year 12 examination - this will assess the students understanding and recall of all subject content covered up to this point. It will also familiarise the student with the format and demands of a final written exam paper.

The student will sit exams for Component 1, 2 and 3.

Mock examination (Year 13) - this will assess the students understanding and recall of all subject content covered up to this point – usually the complete subject content list. It will further familiarise the student with the format and demands of a final written exam paper with a chance to act on feedback from the end of Year 12 exam. The focus of this exam is high quality/scoring responses and pace.

The student will sit exams for Component 1, 2 and 3.

Final written examinations (Year 13 – May/June)

Two exams will be sat:

Exam 1 - Component 1: 2 hours	(30% of the qualification)
Exam 2 - Component 2: 1 hour	(15% of the qualification)
Component 3: 1 hour	(15% of the qualification)

Practical assessment: (15% of the qualification)

Assessment of practical skills and their application will be continuous throughout the course. Performance will also be assessed through a log book of evidence of the students training and competition programme in their respective sport. Video evidence of sport performance both in training and competition will be required.

The student's final assessment will be in one sport (team or individual) as a player/performer.

Absence, illness and injury should be avoided as these will have a negative impact on progress and the final grade received for practical performance.

Coursework assessment: (15% of the qualification)

The assessment consists of the student producing an Evaluation and Analysis of Performance for Improvement (EAPI)

Learning strategies:

- Learning experiences relate to real-life experiences in PE and Sport
- Commitment to improving performance during private study
- Strong link maintained between physical activities and theoretical content
- Learning experiences reflect objectives of acquiring, applying, evaluating and appreciating physical activity as it is related to the theoretical content
- Decision making and role plays
- Developing awareness of current affairs in sport
- Homework including examination questions and research
- Self-study using school resources
- Actively engaged in enquiry into problems, issues and questions
- Group discussions
- Out of School visits, lectures and revision course