



**Physical Education
A Level
OCR Syllabus**



Why study Physical Education?

- Studying A Level Physical Education will give you a fantastic insight into the amazing world of sports performance. Not only will you have the chance to perform or coach a sport through the non-exam assessment component, you will also develop a wide ranging knowledge into the how and why of physical activity and sport.
- It will help you understand why some people run faster than others; how your personality affects your performance; and how technology can help.
- It also complements certain other subjects, in particular Biology and Psychology since there is overlap in certain areas covered in these subjects.



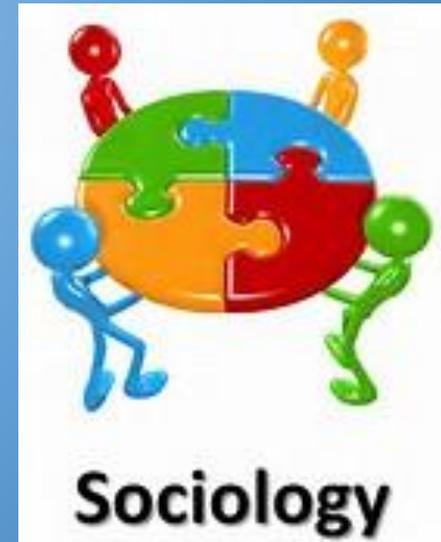
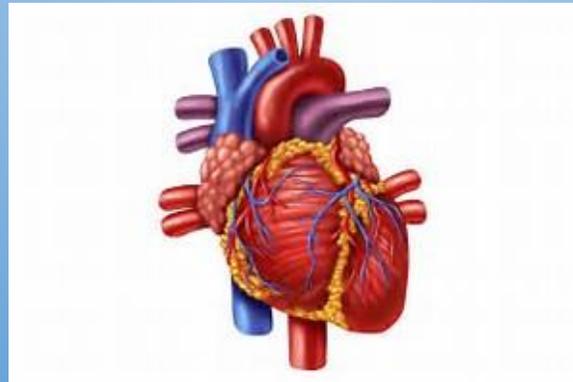
What do I need to know or be able to do before taking this course?

- It is not a requirement that you should have studied Physical Education at GCSE level in order to take an advanced GCE course in the subject. Several topics covered in the course are developments of work covered at GCSE but others are new.
- It is important that you have a good pass at GCSE Science in order to study this course.
- What is important is that you should have a lively and enquiring mind, an interest in sport and recreation around the world, a willingness to explore new ideas and an ability to communicate your ideas effectively.



Does it link well with other subjects?

- A Level Physical Education complements other subjects, in particular Biology, Sociology and Psychology since there is overlap in certain areas covered in these subjects.





What skills will I develop?

- Students develop their ability to evaluate and analyse physical performance in order to improve their own skills, tactics and fitness and also to use in coaching roles.
- Through independent tasks, they will be required to research and apply their understanding of physical activities and develop structured answers of varying lengths. They will also need to develop their confidence in orally evaluating a specific sporting performance.
- Students can develop a range of practical skills, including communication using appropriate language, dealing with pressure, split second decision-making.



What will you study?

Theory

Applied anatomy and physiology

Exercise physiology

Biomechanics

Skill acquisition

Sports psychology

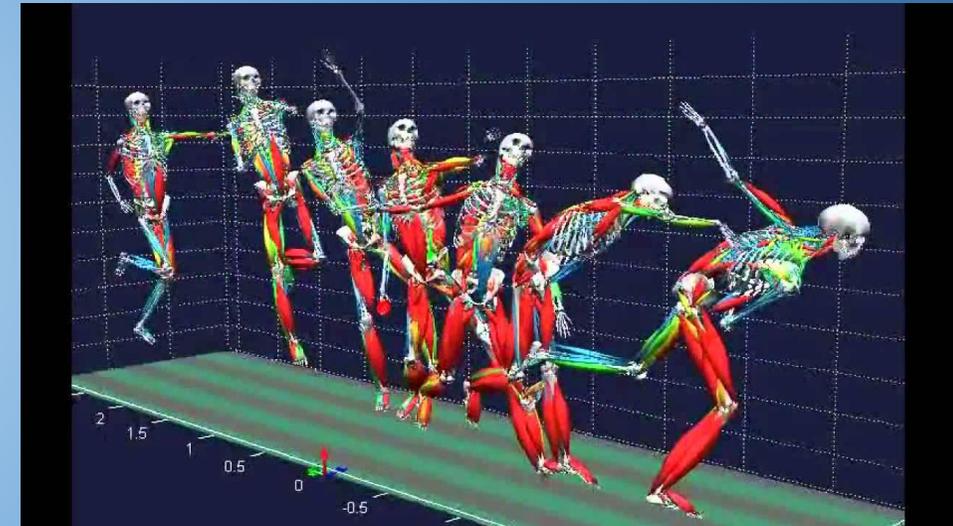
Sport and society

Contemporary issues in physical activity and sport

Practical and Analysis of Performance

Performance or Coaching in one sport

Evaluation and Analysis of Performance for Improvement
(EAPI)





Practical Assessment

- Your Practical assessment is based on **1 sport**. It is essential that you are training and performing or coaching in your chosen sports outside of school. The practical component is worth 30% of your final grade.
- It is important to understand that if students are unable to perform practically to a good standard, it will be a limiting factor in their overall level of attainment.
- You can be assessed either performing or coaching in 1 sport



Which sport can I be assessed in?

Association football	Dance	Lacrosse	Squash
Amateur Boxing	Platform diving	Netball	Swimming
Athletics	Equestrian	Polybat	Table Cricket
Badminton	Gaelic football	Powerchair Football	Table Tennis
Basketball	Goal Ball	Rock Climbing	Tennis
Blind Cricket	Golf	Rowing	Trampolining
Boccia	Gymnastics	Rugby League	Volleyball
Camogie	Handball	Rugby Union	Wheelchair
Canoeing	Hockey (Field)	Sculling	basketball
Cricket	Hurling	Skiing	Wheelchair rugby
Cycling (Track or Road)	Kayaking	Snowboarding	



Performing

- Learners must show mastery of skills and techniques, and effective performance in full, formal competitive situations.
- Learners also complete a log of competitive participation in their sport to show the level they participate at.





Coaching

- This will include:
- A scheme of work which includes individual session plans for a minimum of 20 sessions.
- Coaching sessions should be a minimum of 40 minutes in duration.
- Assessment:
 - Planning and organisation
 - Delivery
 - Evaluation and reflection
 - Technical knowledge
- **Attainment is evidenced through both performance in coaching and through a coaching plan.**





Evaluation and Analysis of Performance for Improvement (EAPI)

Learners will observe a live or recorded performance of a peer in either their own assessed performance activity or another activity from the approved list.

Learners are assessed in their ability to evaluate an individual's performance (rather than that of a team) and propose a development plan to improve that performance.

Learners will identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a long term (2-3 months) development plan to improve the area of performance identified.

Content Overview

Assessment Overview

<ul style="list-style-type: none">• Applied anatomy and Physiology• Exercise physiology• Biomechanics	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
<ul style="list-style-type: none">• Skill acquisition• Sports psychology	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% of total A level
<ul style="list-style-type: none">• Sport and society• Contemporary issues in physical activity and sport	Socio-cultural issues in physical activity and sport (03)* 60 marks 1 hour written paper	20% of total A level
<ul style="list-style-type: none">• Performance or Coaching• Evaluation and Analysis of performance for Improvement (EAPI)	Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	30% of total A level



Examination style

- There will be a mixture of exam-based assessments and a oral performance analysis task as well as practical assessments in one sport, either as a performer or a coach. This takes place each year. Certain individuals are required to undertake a practical moderation assessment in May.





What enrichment opportunities are there?

- Associated trips, visits and guest speakers will be included within the course. Fitness testing experiments will take place at school or at other designated venues, such as Bath University.





What are my post-18 options?

- It is an accepted A Level qualification at all universities. Although many candidates pursue sports orientated courses, it is not exclusively for those students.
- They learn to use a variety of transferable skills throughout the course. These include collecting, analysing and interpreting information, communicating their findings in different ways and identifying and developing links between different parts of the subject. Such skills are in great demand with employers and at universities and colleges.
- A Level Physical Education can provide a strong foundation for a wide range of sports-related courses at university. Examples include Sports and Exercise Science, Nutrition and Exercise Science, Sports Coaching, Physical Education Teaching, Sports Therapy, Sports Development and Sports Business Management.



FURTHER INFORMATION ON SPECIFICATIONS

- OCR provides specimen examination papers which we recommend you investigate.
- Go to <http://www.ocr.org.uk>

