



Hardenhuish School
A High Performing Academy

A level PE Induction Work: Overview

Welcome!

Hello and welcome to OCR A-Level PE at Hardenhuish. We are really pleased that you have chosen to study A-Level PE with us and we are sure that you will find the course interesting, engaging and of course challenging.

The following induction work has been designed to give you an insight into what studying A-Level PE will be like. You will look at some Skill Acquisition and Physiology content as well as looking at the Specification and letting us know where you believe your strengths and weaknesses lie. We will also be asking you to independently create some revision resources and complete some exam style questions. Being motivated and able to work independently is a crucial skill for A-Level study and one that all successful students possess.

What work is being set in phase 1?

1. Create a sporting CV that outlines your sporting history and highlights your successes. This should indicate which sport you would like to use for the practical element of the course. You should include things like the level of competition, any representative honors, how often you compete etc.
2. Read through this document which explains how the course is set up and assessed.
3. Read through the A-Level PE theory specification and fill in a Microsoft form (link provided) outlining where you see your strengths and weaknesses.
4. You will be provided with a key resources list. It is advised that you look to purchase the A-Level text book in preparation for next year.

How long should I spend on this work?

- It is expected that you spend around five hours on this first phase of work.

Who should I send this work to and / or who should I contact with any questions?

- Mr Brailey – LKB@hardenhuish.wilts.sch.uk

How and when to submit work

- Your sporting CV should be e-mailed to Mr Brailey lkb@hardenhuish.wilts.sch.uk
- You will be provided with a link to a Microsoft form that you will need to fill in and submit after having read this document and looked at the course specification.

Phase 1 Induction Work

Sporting CV

As you are hopefully aware 15% of your overall grade is assessed via your practical performance in a chosen sport. In order to gain the highest possible grade in this section of the course you need to be competing regularly ideally to a high standard (not just playing for the school teams) At A Level you are only going to be assessed in one sport so you will obviously pick your strongest from the list below.

Acrobatic gymnastics	Amateur boxing	Association football Cannot be five-a-side	Athletics Long distance running must not exceed 10,000 meters
Badminton	Basketball	Camogie	Canoeing
Cricket	Cycling Track, road or BMX cycling (racing, not tricks) only	Dance	Platform diving
Equestrian	Figure skating	Futsal	Golf
Gaelic football	Gymnastics Floor rou- tines and apparatus only	Handball	Hockey Must be field hockey
Hurling	Ice hockey	Inline roller hockey	Kayaking
Lacrosse	Netball	Rock climbing Can be indoor or outdoor	Rowing
Rugby league Cannot be tag rugby	Rugby union Can be as- sessed as seven or fifteen a side. Cannot be tag rugby	Sailing Royal Yachting Association recognised sailing boat classes only.	Sculling
Skiing Outdoor/indoor on snow. Must not be dry slopes	Snowboarding Out- door/indoor on snow. Must not be dry slopes	Squash	Swimming Not synchron- ised swimming, per- sonal survival or lifesav- ing
Table Tennis	Tennis	Trampolining	Triathlon Sprint only
Volleyball	Water polo	Windsurfing	

To give us an idea of your level of competition and how much you compete we would like you to produce a sporting CV. It should cover -

- An Introduction stating which sport you would like to be assessed in to include
 - o A brief history of your involvement in this sport
 - o An outline of the level of competition that you are currently playing at
 - o Information about how regular your participation is
- Relative recent performance
 - o e.g. last season I played football for Chippenham I played every game scored 7 goals and was player of the season
- Representative honors
 - o E.g. Wiltshire Football U16 2019/2020 season played 5 games

Course set up and assessment

The idea of this section is to give you an idea of how the course is set up and assessed. It is crucial that you have a good understanding of what to expect at the different stage of the course.

You will have 6 timetabled lessons each week of PE on your timetable. You will normally have two teachers who will teach different sections of the course, you will have one of these teachers for 3 lessons and the other for 2 lessons. You will also have a 6th lesson on your timetable. This is a non contact lesson (meaning it is on your timetable but your teacher will not be there) you will be set tasks for this lesson which could be reading in preparation for a lesson, finishing of a task from a lesson or completing an assessment etc. It is vital that you are self sufficient in this lesson and are able to motivate yourself to work productively. Without fail the students who perform best on the course are the students who make the most of their 6th lesson.

At AS you will be assessed via two 75 minute theory exams to be sat at the end of year 12 (typically May) both exams are out of 70 marks and each exam is worth 35% of your overall grade.

- (Component 01) Physiological factors effecting performance
- (Component 02) Psychological & socio cultural themes in education

The last 30% of you grade is assessed via (Component 03) NEA (non exam assessment) in a unit called performance in physical education.

- Performance in chosen sport 15% – This is your practical performance in your chosen sport. You will need to submit video's to us so we can assess you competing in your chosen sport (If you are being assessed in a sport that we play at school then we can assess you during these games but students are also encouraged to submit evidence of participation from outside of school)
- EPI 15% (Evaluation of Performance for improvement) – In this section you will observe a live performance focusing on one player in your chosen sport. You will then have to give a recorded verbal response outlining the strengths and weaknesses of the performer and then produce an action plan outlining how the performer could improve their performance.

For students continuing onto year 13 the course is assessed in a very similar way, the theory paper for component 02 is split into two separate papers and the percentages change slightly to reflect this.

- Component 01 - 30% - Physiological factors effecting performance
 - o 120 mins / 90 marks
- Component 02 – 20% - Psychological factors effecting performance
 - o 60 mins / 60 marks
- Component 03 – 20% - Socio cultural issues in physical activity & sport
 - o 60 mins / 60 marks
- Component 04 – 30% - Performance in physical education
 - o Performance in chosen sport (15%)
 - o EAPI (Evaluation and analysis of performance for improvement) (15%)

AS Specification

Please copy the link below into your web browser and download the AS OCR Physical Education Specification. We have amended the specification so it only includes the theory content that you will have to cover.

https://hardenhuish-my.sharepoint.com/:b:/g/personal/lkb_hardenhuish_wilts_sch_uk/EXy90dacvbFllqqXID-SUJGsBGjY3YqunVD4kpFyv_KACDA?e=8cQnFJ

If for any reason you are unable to access the specification then please e-mail Mr Brailey on lkb@hardenhuish.wilts.sch.uk who will be able to e-mail one across to you.

Please look through the specification paying particular attention to the theoretical content that will be covered in each exam during year 12. Depending on where and what you studied at year 11 some of this content may be familiar whereas some will likely be brand new.

Once you are sure you understand everything in this document and have looked through the specification please follow the link below which will take you to a Microsoft form which will assess your understanding of the course and what you feel your strengths and weaknesses are.

<https://forms.office.com/Pages/ResponsePage.aspx?id=ALV0CGtJAKCS-T05uDMt-hOdj17Aq5RJrJe1H0-IIrxUN09GNERKTEtEMTFTNIFGTkpBMVRSUjBHTi4u>

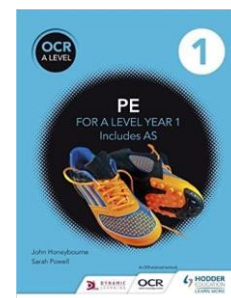
Resources List

It is not a requirement that you purchase any books for studying A-Level PE at Hardenhuish however below are some publications that you may want to purchase. We can supply books which students can loan for the year for a small deposit however we will expect these to be returned in good condition. Having your own book will mean that you can annotate notes complete tasks etc. without having to worry about giving the book back.

You can often find people who have finished the course selling their books online cheaply. Amazon is also a good place to find second hand books which are still in good condition.

Below is an amazon link to the official OCR AS Physical Education Text book. Which we use in lessons. It is around £30 new and about half that second hand.

<https://www.amazon.co.uk/OCR-Level-PE-Book-1/dp/1471851737>



There are lots of other resources available online that support the course. Please do not buy anything from a company called Zig Zag Education as we will supply these resources when you start the course. If you are looking at other resources please ensure that you buy resources for OCR A-Level PE. Some resources are specific to AS (year 12) and others combine theory content for both year groups.

If you or your parents have any other questions regarding this summer induction work or indeed questions about anything regarding A-Level PE then please do not hesitate to contact myself on lkb@hardenhuish.wilts.sch.uk

Mr Brailey

Curriculum Leader for PE