

A Level Physical Education

OCR H555

Half Term	Year 12			Year 13		
	Component 1	Component 2	Component 3	Component 1	Component 2	Component 3
Autumn 1	Physiological factors affecting performance (01) Skeletal and muscular systems.	Skill Acquisition: Classification of skills Types and methods of practice Transfer	Content of Socio-cultural issues in physical activity and sport (03) Sport and society Emergence and evolution of modern sport.	Energy for exercise. Environmental effects on body systems.	Skill Acquisition: Memory models Confidence and self-efficacy in sports performance.	Commercialisation and media. Routes to sporting excellence in the UK
Autumn 2	Cardiovascular and respiratory systems	Theories of learning: Stages of learning Guidance Feedback		Injury prevention and the rehabilitation of injury. Linear motion, angular motion, fluid mechanics and projectile motion	Stress management to optimise performance	Modern technology in Sport – its impact on Elite level sport, participation, fair outcomes and entertainment
Spring 1	Energy for exercise Diet and nutrition and their effect on physical activity and performance	Sports psychology Individual differences: Personality. Attitudes. Motivation Arousal Anxiety	Global sporting events. Contemporary issues in physical activity and sport.	NEA Evaluation and Analysis of Performance for Improvement. Preparation and assessment. Revision for mock exam.	NEA Evaluation and Analysis of Performance for Improvement. Preparation and assessment. Revision for mock exam.	NEA Evaluation and Analysis of Performance for Improvement. Preparation and assessment. Revision for mock exam.
Spring 2	Preparation and training methods in relation to improving and maintaining physical activity and performance.	Aggression Social Facilitation Group and team dynamics in sport		Feedback to mock exam. NEA Re-sits Revision	Feedback to mock exam. NEA Re-sits Revision	Feedback to mock exam. NEA Re-sits Revision
Summer 1	Biomechanical principles, levers and the use of technology	Goal setting in sports performance				
Summer 2	Feedback to Mock exam	Leadership in sport (Not in mock exam) Attribution (Not in mock exam) Feedback to Mock exam	Feedback to Mock exam. Ethics and deviance in sport			

Skills

Our A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how **physiological** and **psychological** states affect performance
- understand the **key socio-cultural factors** that influence people's involvement in physical activity and sport
- understand the role **technology** in physical activity and sport
- refine their ability to **perform** effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to **analyse and evaluate** to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

There are **FOUR** assessment components to OCR's A Level in Physical Education.

THREE EXAMS: Components 1, 2 and 3. 70% of A Level

- **Component 1: Physiological factors affecting performance**
- **30%** of total A level
- **Component 2: Psychological factors affecting performance**
- **20%** of total A level
- **Component 3: Socio-cultural issues in physical activity and Sport**
- **20%** of total A level
- **Component 4: Performance in physical education**
- 30% of A Level
- **ONE** activity. Performance or Coaching – 15%
- Evaluation and Analysis of Performance for Improvement (EAPI). Oral response – 15%