



Induction Material



Course Outline

The following table gives you a basic overview of how the two-year course looks.

Content Overview	Assessment Overview
• Applied anatomy and physiology • Exercise physiology • Biomechanics MFT/CL	Physiological factors affecting performance (01) 90 marks 2 hour written paper 30% of total A Level
• Skill acquisition • Sports psychology LAR	Psychological factors affecting performance (02) 60 marks 1 hour written paper 20% of total A Level
• Sport and society • Contemporary issues in physical activity and sport KEM/GP	Socio-cultural issues in physical activity and sport (03) 60 marks 1 hour written paper 20% of total A Level
• Performance or Coaching • Evaluation and Analysis of Performance for Improvement (EAPI) KEM/GP	Performance in physical education (04) 60 marks Non-exam assessment (NEA) 30% of total A Level

There will be elements of each of the four different assessment areas delivered in both Year 12 and Year 13.

In each Year, you will have nine lessons over a two-week timetable. In Year 12, Mr Thompson/Mr Loader will teach five of the lessons between them covering the Physiological factors, with Miss Robinson (Psychology) and Mrs Mifflin (Socio-Cultural) both having two. While in Year 13; Mr Thompson/Mr Loader will teach four lessons, Mrs Pearce three and Miss Robinson two. Therefore, with so many different teachers having good organisation is essential!

Skills needed

- An interest/passion for Sport! If you are the sort of person who keeps up to date with the world of sport and loves participating and talking sport then this is the course for you!
- Good level of fitness. You must be currently playing/coaching one sport in which you specialise and can be assessed in (practical-15% of overall grade).
- An interest in new concepts and an enjoyment of classroom work. Some of the work will build on topics introduced at GCSE, but in the main, you will be looking at new content throughout the course.
- Organisational skills. With so many different teachers, it is essential that you bring the correct work/equipment on the right day.
- Good time management. You must be able to balance your schoolwork and sporting activities alongside any other commitments, such as part-time work etc.
- To be able to work independently.
- Practical assessment only worth 15% so lessons will be mostly classroom based therefore concentration is key!

Assessment How and When



Theory Assessment (70%)

You will be assessed by taking three exams at the end of Year 13.

Paper One-Physiological Factors (2 hours-30%), Paper Two-Psychological Factors (1 hour-20%), Paper Three- Socio-Cultural issues (1 hour-20%)

Practical Assessment (30%)

- Assessment in one activity (15%)
- Oral assessment on observation and analysis of a performance (15%)
- Please see PHHS Live for practical options.

Therefore 85% of the course is theory based!!

Practical Activities

If your chosen sport/activity is not on the following list, then you will not be able to be assessed in it.

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

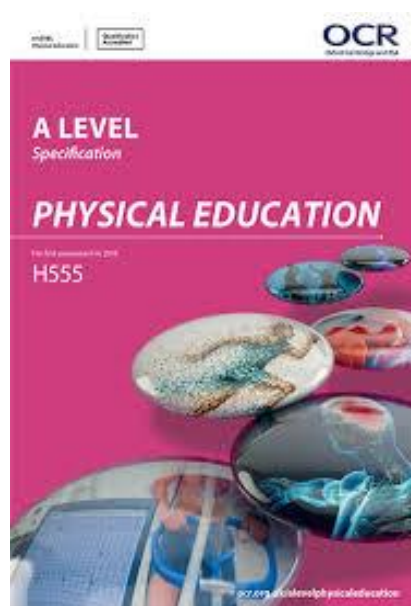
How can I get ahead in A Level PE?

The following pages give you some activities that you can have a go at for each of the different areas of the course. These are non-essential tasks, but by giving them a go, you will be helping to develop many of the skills and some of the knowledge that will make the new course easier for you. Good luck!

Course Specification

Please use the address below to have an in-depth look at the course specification. By doing this you will get to see all of the different areas we cover.

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



Physical Factors Affecting Performance

This area takes up the majority of the theory content and the exam in this area is worth 30% of your overall grade. During these lessons, you will get to understand how your body works during sporting performance concerning the mechanics, muscle movement, energy systems, and how you fuel it amongst other things.

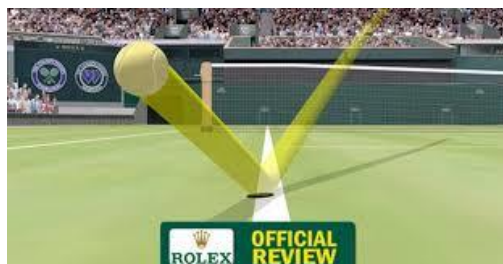


Drugs in Sport

One of the areas we cover is ergogenic aids in sport, which includes the use of sports performance enhancing drugs. To gain a better understanding of this area, you can watch the BBC documentary on Mo Farah which talks about his relationship with his coach who is suspected of helping athletes get unfair advantages.

You can then research two different athletes who have been proven to take illegal substances to improve their performances. Try to find out what they took and how it improved their performance.

<https://www.bbc.co.uk/iplayer/episode/m000frjm/panorama-mo-farah-and-the-salazar-scandal>



Technology in Sport

In the Biomechanics section, we will look at a range of data and technology, which helps to analyse sport and how we can use this data to improve performance.

Research a sport, which has recently implemented a new form of technology and analyse the impact it has had in the sport. Try to come up with an unbiased and balanced view thinking about the positive and negatives of the technology. An obvious example would be VAR in the Premier League.

Psychological Issues Affecting Performance

The exam at the end of Year 13 for this area is worth 20% of the final grade. This area will look at many theories and concepts that help us understand how skills are learnt and developed.

Transfer

‘Transfer means the influence that one skill has on the learning and performance of another.’

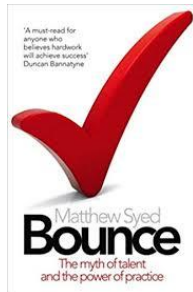
Watch the clip below, then consider what skills and abilities are transferred that enable AB De Villiers to be such an outstanding all round sportsman?

Think of as many different skills that can aid the learning of a separate skill. E.g. A forward roll and a tumble turn in swimming.

<https://www.youtube.com/watch?v=9ihNKWTTuKU>



If you are on the look-out for some summer reading, then 'Bounce' by Matthew Syed is strongly recommended. It is written by a former elite level table tennis player and covers many of the concepts covered during the Sport Psychology unit.



Socio-Cultural Issues

This topic area takes up 20% of the final assessment and this is where having an interest in the world of sport proves to be invaluable. Here are a few things that you could watch that link with the sport in society and contemporary issues in sport units of the A-Level PE course:

How social and cultural factors shaped the characteristics of and participation in sports and pastimes in pre-industrial Britain

- Social class
- Law and order
- Education/literacy
- Influence of public schools
- Availability of time, money and space



Global sporting events

- The modern Olympic games

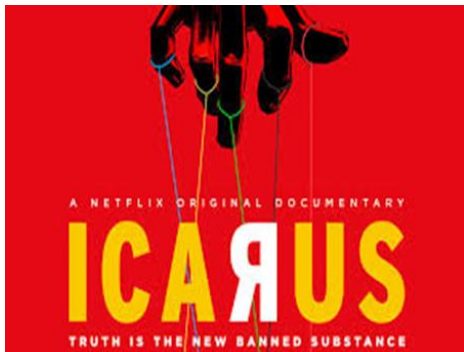


- Political exploitation
- Hosting global sporting events

Ethics in sport

- Drugs and doping in sport
- Reasons why elite performers use illegal drugs/doping

Consequences and implications to society, sport and performers.



Ethics in sport

- Gambling in sport
- Match fixing and bribery
- Illegal sports betting

Inside story – Football, a corrupt sport?

<https://www.youtube.com/watch?v=Nnyz2-oLGPU>

Practical

The summer break is a good opportunity for you to improve your fitness and skill levels to make you a more effective performer when you return to school.

There are a huge variety of ways to do this and regardless of what your chosen sport is, there is no excuse for not working hard during this time.

Do some research on-line, look at the website of the governing body for your sport or simply get your trainers on and get out running!

The second part of your practical assessment is doing an oral talk outlining an action plan to improve a weakness of another performer in a sport of your choice. At this stage, the best thing that you can do is to develop the depth of your knowledge of your chosen activity. Therefore, you need to read, watch, train, play and talk about your sport whenever possible. Good luck!