



A level Physical Education (PE) Course Code:H155,H555

An active mind cannot exist in an inactive body.

Curriculum Vision

The OCR A level specification builds on and develops students experience and understanding of performance in sport. For those who have studied GCSE at Key Stage 4 the A Level syllabus provides a challenging continuation involving both theoretical and practical application of knowledge through sport and exercise.



What will you learn?

The course is divided into 4 components, all of which are taught throughout both year 12 and year 13. The difference is that in year 13 the topics are revisited and studied in greater depth and requires more detailed understanding. Both units 1 and 2 are assessed by a written exam; Units 3 and 4 are assessed through a range of practical and written assignments.

Physical factors affecting performance (01)

Written examination: 2 hours
30% of the qualification

Topic 1: Applied anatomy and physiology

Topic 2: Exercise physiology

Topic 3: Biomechanics.

Psychological issues affecting performance (02)

Written examination 1 hour
20% of the qualification

Topic 1: Skill acquisition

Topic 2: Sports psychology.

Socio-cultural issues in physical activity and sport (03)

Written examination 1 hour
20% of the qualification

Topic 1: Sport and society

Topic 2: Contemporary issues in physical activity and sport.

Performance in physical issues (04)

Non-examined assessment: internally assessed, externally moderated
30% of the qualification

Skills performed in one physical activity as a player/performer or a coach
EAPI (Evaluation and Analysis of Performance for Improvement)

How will you learn?

Learners will be assessed and taught through a variety of methods. Units 1, 2 and 3 are the theoretical aspects of the course. These units are assessed by a written examination. They form 70% of the assessment grades in qualifications. Unit 4 contains the practical sports performance and planning, application of knowledge and analysis of performance components of the course. They are 30% of the year's work and are assessed internally by the tutor. An external examiner will visit to mark and oversee these units.

Where will it take you?

This qualification is ideal for those students wishing to pursue a professional career in the sports industry or wishing to gain greater insight into exercise and human performance. It would be the ideal course to lead into a respected higher education sporting establishment to continue to study at foundation or undergraduate degree level.

Depending on the combination of A level subjects, students may go on to study degrees in physical education, sports science, physiotherapy, sports development, sports nutrition, sports coaching or strength and conditioning.

Who to talk to?

Mr French or Miss Lewis

What will you need to study this course?

Students studying at A Level will require 5 or more GCSEs graded 9-5 or A-C, including grade 4 or higher in Mathematics. For PE at A Level you will need to have a GCSE at grade 6 or higher in Physical Education and at least a grade 6 in Double Science or Biology. You must have a minimum of grade 5 in English GCSE and learners are expected to have a genuine interest in sport and regularly compete, coach or officiate in sport/s outside of school.

Resources required for the course

OCR A Level PE (Year 1 and Year 2) Sarah Powell and John Honeybourne. Available from Amazon or other retailers.

Additional information about the course

The course is delivered through theory and practical environments by experienced subject specialised. There is weekly wider reading and homework set linked to the qualification and future study.

