

Physical Education

(Any questions please email: dheron2nrw@nsix.org.uk)

As part of your course you will be assessed in 1 practical activity from the list below. You will then be required to complete an EAPI on your chosen activity, which is a verbal response. The content of this is very similar to your controlled assessment you completed at GCSE.

Association football
Amateur Boxing
Athletics
Badminton
Basketball
Camogie
Canoeing
Cricket
Cycling
Dance
Diving
Equestrian

Gaelic football
Golf
Gymnastics
Handball
Hockey
Hurling
Kayaking
Lacrosse
Netball
Rock Climbing
Rowing
Rugby League

Rugby Union
Sculling
Skiing
Snowboarding
Squash
Swimming
Table Cricket
Table Tennis
Tennis
Trampolining
Volleyball
Water Polo

Practical Performance Analysis:

- You will need to observe a performer (At least 15 minutes) in the activity you will be assessed in.
- This could be an actual observation (YouTube video) or reflection of your own performance.
- You will transcribe (Write or type what you would say) your response, which must include:
 - i. Skill strengths **AND** weaknesses of the performer observed
 - ii. Tactical strengths **AND** weaknesses of the performer observed
 - iii. Fitness strengths **AND** weaknesses of the performer observed
 - iv. Create a 6-week action plan to include:
 1. Identification and justification of why you have chosen the weakness to improve
 2. Detailed coaching points of the skill you have chosen to improve. Include Joint names, muscle names, muscle roles and articulating bones.
 3. Minimum of 4 practices to progress from closed to open on the environmental continuum to improve the weakness. These just need to be names of practices and you need to be prepared to talk about them.

Physical Education

Expectations of an A Level PE Student

Typical lesson format:

- ✓ Students will complete 4 units of work throughout the A Level, This comprises of 3 theory papers (70%) and practical performance. More details of the course structure are attached.
- ✓ All lessons will be theory based and during the two years the expectation will be that you keep on top of your practical performance.
- ✓ The EAIP lessons will be completed prior to the summer and a couple in February to ensure you are fully prepared for this element of the course.
- ✓ Independent learning is embedded throughout the PE course. You will be introduced to the expectations and requirements of independent learning in an introductory activity at the beginning of the course.

Amount and type of homework:

- ✓ A Level PE requires a significant investment in time. Due to the depth of theory content, it is expected that students will complete a **minimum of three hours per theory section each week outside lesson times**. This equates to 9 hours of independent study away from the classroom. If work is not set for this time then reviewing notes and looking at past paper questions are tasks that can be completed.
- ✓ A Level PE also requires a significant investment in time for the practical element of the course. Due to the increase in requirements for performance, it is expected that you will complete a **minimum of one hour for your activity each week** outside lesson times. Regular exercise, participation and sports club membership are minimum requirements for this performance aspect of the course.
- ✓ It is important that you keep up with what is happening in the world of sport as practical examples are an integral part of higher level questioning and therefore lessons will sometimes start with questions related to what is happening. Reading newspapers, the internet, news apps etc. will be an important part of developing into an exceptional PE student.

Classroom expectations:

- ✓ The PE department has high expectations for students completing A Level PE. You must comply with the general classroom expectations communicated by the Sixth Form team (e.g. no mobile phones in lessons, no eating in the classrooms etc.).
- ✓ You will also be expected to keep a folder with notes up to date for each unit and to arrive to class with preparation work completed. Any students arriving to lessons without these will be dealt with using the Sixth Form guidelines.

2 The specification overview

2a. OCR's A Level in Physical Education (H555)

Learners take all components (01, 02, 03 and 04) to be awarded the OCR A Level in Physical Education.

Content Overview	Assessment Overview	
- Applied anatomy and physiology - Exercise physiology - Biomechanics	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
- Skill acquisition - Sports psychology	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	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)	Performance in physical education (04)* 60 marks** Non-exam assessment (NEA)	30% of total A level

* Indicates inclusion of synoptic assessment.

** Examination is weighted up to 90 marks to equal the total marks combined for the two tasks.

Learners who are retaking the qualification may carry forward their result for the non-exam assessment component. See section 4a for details.