

SUBJECT: Physical Education

YEAR: 12 and 13

HEAD OF DEPARTMENT: Mr Sykes

GROUPING POLICY: Mixed Abilities

EXAM BOARD: OCR

SPECIFICATION LINK: <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

COURSE CONTENT:

The course is a two year, linear, course including three written papers and a small practical element.

- The first written paper will include Anatomy and Physiology, Exercise Physiology and Biomechanics;
- The second paper includes Skill Acquisition and Sports Psychology;
- The third includes Sports and Society and Contemporary issues in Sport.
- The students will also choose one practical activity to be assessed in, this will include analysis of their performance within the activity.

The course aims to:

- Develop knowledge and skills in selected activities
- Explore the contemporary sociological issues in modern sport
- Examine anatomy and the effects of exercise
- Analyse the way we learn to be skilful

What will homework look like?

One piece of work for each of the theory elements each week. Practical analysis homework when required.

What enrichment opportunities are available?

- School Clubs and practices
- Inter-School Fixtures
- Elite squads

ASSESSMENT

How will my child's work be assessed?

Work will be assessed in line with the exam board criteria. Marks will be given in line with exam board mark schemes and students will be given estimated exam grades based on the exam board criteria.

There will be three examination papers in the summer of Year 13.

- 3 written papers including 30% (Applied Anatomy and Physiology, Exercise Physiology and Biomechanics) 20% (Skill acquisition and Sports Psychology) and 20% (Sport and Society and Contemporary Issues in Sport) respectively.
- Practical assessment and performance 30% of total A-level assessed throughout the course.

ADDITIONAL INFORMATION

How can I support my child in this subject?

Encourage them to join extra-curricular activities.

How can I support my child with exams?

- Purchase revision guides
- Ensure the student allocates time to revision
- Visit OCR website (www.ocr.org.uk) with specifications, exam papers and mark schemes

This course can give an excellent grounding in Physical Education and Sport and lead to career paths such as Sports Coaching, Leadership, Teaching, Physiotherapy, Sports Science, Sports Analysis and Observation amongst many others.