

PHYSICAL EDUCATION

Course title: A-Level Physical Education	Exam board: OCR	Specification code: H555
How will students be assessed?		
<p>Students will sit three external exams, be assessed in one practical activity and carry out an analysis of performance in one sport by the end of Year 13. Students are expected to participate in their sport throughout the two year course and provide evidence of their own performance for assessment up dates.</p>		
Component 1: Physiological Factors Affecting Performance (inc. Anatomy and Physiology, Exercise Physiology and Biomechanics) Assessment: two hour external exam worth 30% <p>This group of topics focuses on key systems of the human body involved in movement and physical activity. Candidates will develop their knowledge and understanding of the changes within these body systems prior to exercise, during exercise of differing intensities, and during recovery. Application of this theoretical knowledge will enable candidates to understand how changes in physiological states can influence performance in physical activities and sport. Candidates will be expected to be able to interpret data and graphs relating to changes in these body systems during exercise of differing intensities and during recovery.</p>		
Component 2: Psychological Factors Affecting Performance (Skill Acquisition and Sports Psychology) Assessment: one hour external exam worth 20% <p>This component focuses on the psychological factors affecting physical activities and sports, including: models and theories that affect learning and performance in physical activities; how different methods of training and feedback work and why their effectiveness differs from person to person; group dynamics and the effects of leadership and stress on performers. Through the study of this component, candidates will gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. They will learn how to apply the theories to practical examples, giving guidance and feedback in constructive ways that are suited to that individual's personality; therefore assisting in developing practical performance in physical activities and sports.</p>		
Component 3: Socio-cultural and Contemporary Issues (Contemporary issues in Sport, Sociology and History of Sport) Assessment: one hour external exam worth 20% <p>This component focuses on the sociological and contemporary factors that influence and affect physical activity and sport for both the audience and the performer and how sport affects society. It includes the emergence and evolution of modern sport and how social and cultural factors shaped the characteristics of sports and pastimes in pre-industrial and post-industrial Britain. The impact of the modern Olympic Games will be understood as well as the impact on society of hosting global sporting events. The ever-evolving modern technology</p>		

and its influence on sport performers and spectators will be understood and practical examples will be used by candidates to show the effect of modern technology

Component 4:

Performance within Physical Education

Assessment: Non examined assessment in One practical sport worth 15% and the Evaluation and Analysis of Performance for Improvement (EAPI) worth 15%

Learners will be required to undertake two parts within this component. Part 1: Performance/coaching of a sport or activity from the approved DfE list. Part 2: The Evaluation and Analysis of Performance for Improvement (EAPI) of a sport or activity from the approved DfE list. This does not have to be the same sport or activity that was undertaken in part 1, although it can be. Learners will identify and justify the major area of weakness within the performance to prioritise for improvement and will propose a long term (2-3 months) development plan to improve the area of performance identified. This component is assessed via NEA.

Half term	Key content		
	Teacher 1 TIR	Teacher 2 GB	Teacher 3 RPB
1	1.1 Skeletal system Muscular system inc. movement analysis (EAPI) End of unit test First practical assessment (video evidence) Strengths of performance (EAPI)	2.2 Introduction Classification of skills: <ul style="list-style-type: none"> - Characteristics of each continuum - Justification of different sports on the different continuum Stages of learning: <ul style="list-style-type: none"> - Characteristic of each stage Transfer of skills: <ul style="list-style-type: none"> - Types of transfer - Optimising the effect of positive transfer - Limiting the effect of negative transfer Applying all of the above to relevant sporting examples. End of unit test	Introduction <u>Topic: Global Sporting events</u> The modern Olympics including the aims and the values. Case studies on political exploitation of the Olympic games <ol style="list-style-type: none"> 1. Berlin 1936- Third Reich Ideology 2. Mexico City 1968- Black power demonstration 3. Munich 1972- Palestinian Terrorism 4. Moscow 1980- USA boycott 5. LA 1984- Soviet union boycott
2	1.2 Cardiovascular system at rest and during activity	Principles and theories of learning movement skills: Theories of learning <ul style="list-style-type: none"> - Operant conditioning skills 	Issue and benefits of hosting global sporting events.

	<p>End of unit test</p> <p>Second practical assessment (video evidence)</p> <p>Weaknesses of performance & Action plan (EAPI)</p> <p>Mock (EAPI) (provide video evidence of performer being assessed)</p>	<ul style="list-style-type: none"> - Cognitive theory of learning - Bandura's theory of social/observational learning <p>Applying all of the above to relevant sporting examples.</p> <p>End of unit test</p>	<p><u>Assessment on Global Sporting events</u></p> <p><u>Topic: Emergence and evolution of modern sport</u></p> <p>Introduction to new topic area.</p> <p>How sport developed in pre- industrial Britain, including case studies of mob football and cock fighting.</p>
3	<p>1.2 Respiratory system at rest</p> <p>Respiratory system during activity</p> <p>End of unit test</p> <p>Revision and exam technique work</p>	<p>Guidance:</p> <p>Types and uses of guidance:</p> <ul style="list-style-type: none"> - verbal guidance - visual guidance - manual guidance - mechanical guidance <p>The advantages and disadvantages of using each type of guidance.</p> <p>Applying all of the above to relevant sporting examples.</p> <p>Exam technique work and revision for mock examination.</p>	<p>How social and cultural factors shaped sports and pastimes in post 1850 industrial Britain.</p> <p>Areas covered include amateurism and professionalism, public schools and the development of transport links around the UK.</p>
		Continuation of above.	<p><u>Assessment Topic: Global sporting events and the emergence and evolution of modern sport</u></p>
4	<p>7.1</p> <p>Energy for exercise</p> <p>End of unit test</p> <p>EAPI – apply relevant theoretical content</p> <p>Third Practical assessment</p>	<p>Feedback:</p> <p>Types and uses of feedback:</p> <ul style="list-style-type: none"> - intrinsic - extrinsic - positive - negative - knowledge of performance - knowledge of results <p>The advantages and disadvantages of using each type of feedback.</p> <p>Applying all of the above to relevant sporting examples.</p>	<p>How social factors shaped sport in the twentieth century. Content covered will include the change of social classes, education, transport and resources.</p>

		Review of mock, including exam technique and looking at correcting mistakes made.	Review of mock, including exam technique and looking at correcting mistakes made.
5	<p>Fourth Practical assessment Mock (EAPI) (provide video evidence of performer being assessed)</p> <p>1.1.d.</p> <p>7.2 Recovery process from exercise</p> <p>Environmental effects on body systems:</p> <p>Effects of altitude and heat</p> <p>End of unit test</p> <p>1.2 Exercise Physiology</p>	<p>Memory models:</p> <p>Atkinson and Shiffren's multi-store memory model</p> <p>Craik and Lockhart's levels of processing model</p> <p>Relate both models to learning and performing physical activity skills</p>	<p><u>Topic: Sport in the twenty-first century.</u></p> <p>How contemporary factors are shaping sport in the twenty-first century.</p> <p>Looking at research from sport England and how this has changed over the years.</p>
6	<p>2.1 Diet and nutrition and their effect on physical activity and performance inc ergogenic aids</p> <p>End of unit test</p> <p>1.3 Start Biomechanics project</p> <p>Provide video of evidence of candidate in their sport for mid-year assessment.</p> <p>(all summer sports must have completed video evidence by the end of the summer holidays. Candidates must also complete their competitive log).</p> <p>8.1 Injury prevention and the rehabilitation of injury – Booklet to work through in preparation for beginning of year 13.</p>	<p>Finish above section.</p> <p>Complete case study assessment task.</p> <p>End of unit assessment.</p>	<p>Globalisation of sport including the freedom of movement.</p>

