

EASTBURY SUBJECT CURRICULUM

Subject	A-level Physical Education Exam Board: OCR Specification Code: H555 https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/
Year Group	Year 12 and 13

Overview	A-Level Physical Education Studying an A Level in Physical Education develops knowledge, understanding and skills relevant to physical education. Students will gain a deeper understanding of a wide range of scientific and socio-cultural factors that underpin sport and physical activity and will demonstrate their ability as either performer or coach. Learning will mainly take place within the classroom, with some activities designed to teach the theory through practical. Student's practical performance will be assessed in one sport and they will also perform an evaluation and analysis of performance. <i>*It is highly recommended that students play competitive sport outside of school</i> How will students be assessed? Students will take three exams at the end of Year 13. H555/01. Paper 1 – Physiological factors affecting performance (30% overall mark) H555/02. Paper 2 – Psychological factors affecting performance (20% overall mark) H555/03. Paper 3 – Socio-cultural issues in physical activity and sport (20% overall mark) H555/04. Practical Performance and Evaluation and Analysis of Performance and Improvement (EAPI) – 30% overall mark
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Content to be covered across 2 years

Physiological factors affecting performance

Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage.

- **Applied Anatomy & Physiology**
- **Exercise Physiology**
- **Biomechanics**

Psychological factors affecting performance

Students study the 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. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress.

- **Skill Acquisition**
- **Sports Psychology**

Socio-cultural issues in physical activity and sport

This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.

- **Sport and Society**
- **Contemporary Issues in Physical Activity and Sport**

Practical Performance and Evaluation and Analysis of Performance and Improvement (EAPI)

Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance of a peer and provide an oral analysis and critical evaluation of their peer's performance.

Homework	Students will complete pre-reading tasks, homework tasks and independent learning activities to consolidate and further extend their learning in the classroom. Homework and independent learning activities will also give students the opportunity to prepare effectively for examinations. Students will be provided with a range of resources and e-learning resources to support their studies.	
Additional information	<p>Throughout the course, students will have the opportunity to consolidate/develop their learning in an applied setting, through attending workshops and laboratory sessions. We currently have working links with the Human Performance Units at Essex University and UEL.</p> <p>A-level PE provides a good progression route to a range of Higher Education courses at University.</p> <p>A-level qualifications are recognised by employers and educational institutions.</p> <p>It provides young people with a passion for PE and Sport with an interesting and diverse experience, and can prepare young people for a wide range of careers in the sport and exercise sector:</p> <ul style="list-style-type: none"> • PE Teacher • Sports Coach/Manager • Sports Therapist/Physiotherapist/Sports Rehabilitation • Fitness Instructor • Personal Trainer • Sports Development Officer • Sports Psychologist • Sport Scientist • Sports Nutritionist • Sports Journalist/Sports Presenter • Sports Performance • Performance Data Analyst • Sports Marketing • Sports Management • Sports Tour Organisers • Officiating • Sports Product Design • Sports Retail 	
Useful resources	www.brianmac.co.uk www.bbc.co.uk/sport www.skysports.com www.sportengland.org	www.englandnetball.co.uk www.englandbasketball.co.uk www.badmintonengland.co.uk http://etta.co.uk/

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