A LEVEL Specification

PHYSICAL EDUCATION



Who? What? Where?

Have a chat with the person next
School to you and find out :-

Name

Report back

Main sport and level if appropriate

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

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

Content Overview

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics
- Skill acquisition
- Sports psychology

- Sport and society
- Contemporary issues in physical activity and sport
- Performance or Coaching
- Evaluation and Analysis of Performance for Improvement (EAPI)

Assessment Overview

Physiological factors affecting performance

(01)*

90 marks

2 hour written paper

Psychological factors affecting performance

(02)*

60 marks

1 hour written paper

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

60 marks

1 hour written paper

Performance in physical education

(04)*

60 marks**

Non-exam assessment (NEA)

30% of total A level

20% Of total A level

20% of total A level

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.

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

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- Exercise physiology
- Biomechanics

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(01)*

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2 hour written paper

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Mr Brierley

- Skill acquisition
- Sports psychology

Psychological factors affecting performance (02)*

60 marks

1 hour written paper

20% Of total A level

Mr Brierley

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- Sport and society
- Contemporary issues in physical activity and sport

Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI)

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

60 marks

1 hour written paper

Performance in physical education (04)*

60 marks**

Non-exam assessment (NEA)

20% of total A level

30% of total A level

- Indicates inclusion of synoptic assessment.
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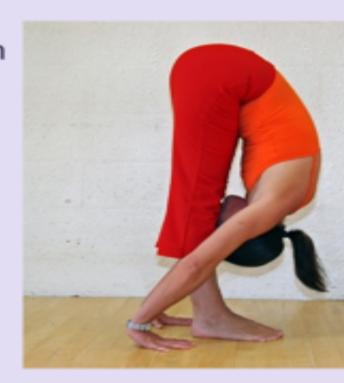
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Hook / Challenge if you wish to accept it?

 With your Heels against the wall see if you can touch the floor (keeping your legs straight !!!)

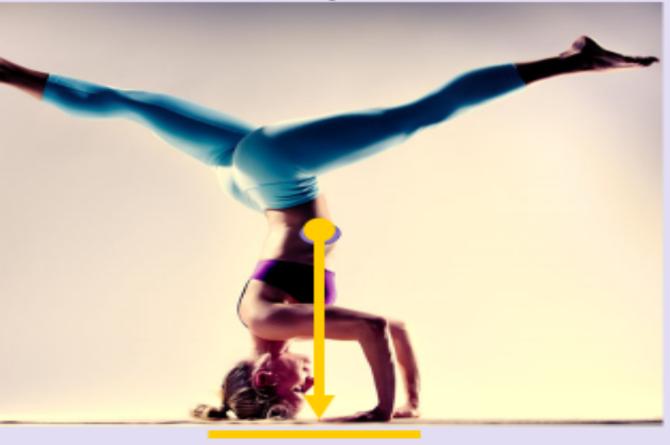
Kneel on the floor and place your Olecranon process (elbow) against your knee. Now place a card level with the end of your index finger. With your hands behind your back see if you can pick the paper up with your teeth!! You are allowed to let your hands free if you are falling.



Why did you fall over??

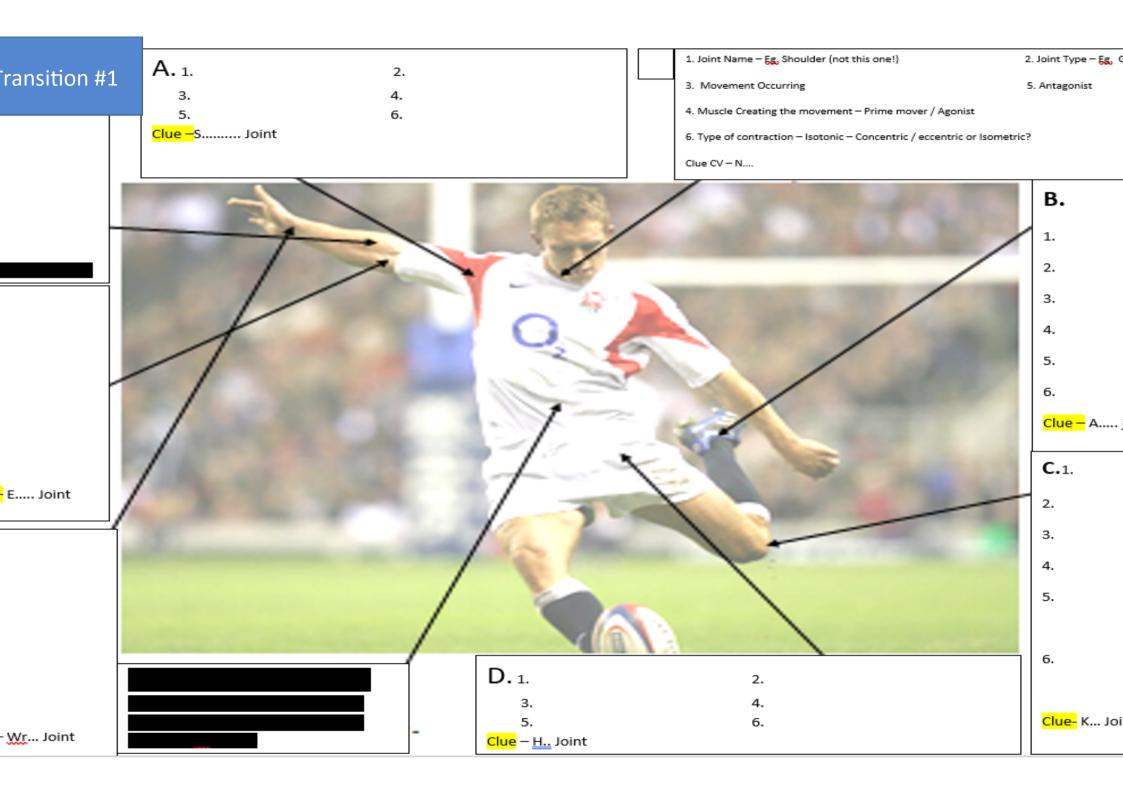
Who is more stable? Why?

Line of Gravity









Do your own

.....Have a go!

- Pick a picture of your own sport
- Then add:
- Joint name
- Joint type
- Movement occurring
- Prime mover or agonist

There is one book that are recommended by OCR which contains all aspects of the course.

• **ISBN-10**1: 1510473319

• **ISBN-13** : 978-1510473317

