

A LEVEL
Specification

PHYSICAL EDUCATION

***@
St Joseph's College***



Who ? What ? Where?

- Have a chat with the person next to you and find out :-
 - School
 - Name
 - Report back
 - Main sport and level if appropriate

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	
<ul style="list-style-type: none">Applied anatomy and physiologyExercise physiologyBiomechanics	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
<ul style="list-style-type: none">Skill acquisitionSports psychology	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% Of total A level
<ul style="list-style-type: none">Sport and societyContemporary 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
<ul style="list-style-type: none">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.

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	
Mr Christopherson <ul style="list-style-type: none">• Applied anatomy and physiology• Exercise physiology• Biomechanics	Physiological factors affecting performance (01)* 90 marks 2 hour written paper	30% of total A level
Mr Brierley <ul style="list-style-type: none">• Skill acquisition• Sports psychology	Psychological factors affecting performance (02)* 60 marks 1 hour written paper	20% Of total A level
Mr Brierley <ul style="list-style-type: none">• 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
Miss Line 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

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Biomechanics Challenge !!!



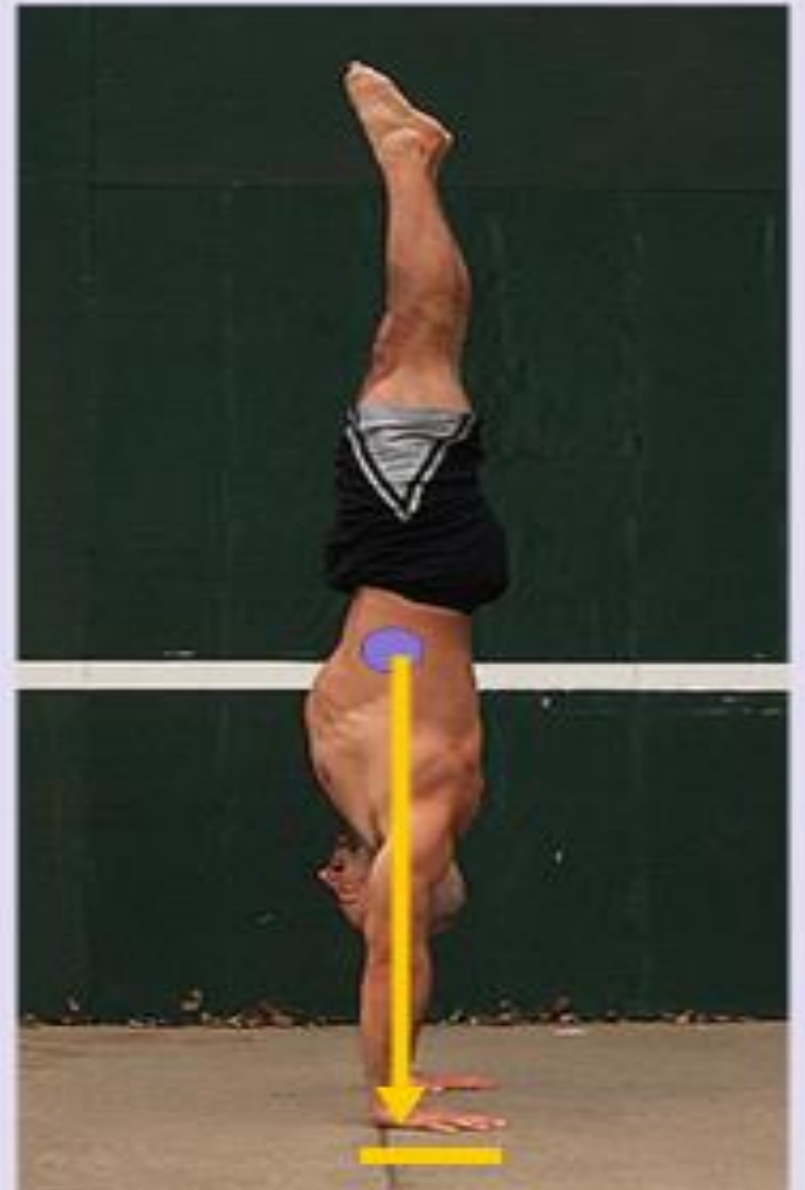
Hook / Challenge if you wish to accept it?

- 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



Transition Work :- For September



PE-Transition #1

A. 1.

3.

5.

Clue - S..... Joint

2.

4.

6.

1. Joint Name - Eg. Shoulder (not this one!)

2. Joint Type - Eg. Gliding

3. Movement Occurring

5. Antagonist

4. Muscle Creating the movement - Prime mover / Agonist

6. Type of contraction - Isotonic - Concentric / eccentric or Isometric?

Clue CV - N....

B.

1.

2.

3.

4.

5.

6.

Clue - A..... joint

F. 1.

2.

3.

4.

5.

6.

Clue - E..... Joint

E. 1.

2.

3.

4.

5.

6.

Clue - Wr... Joint

D. 1.

3.

5.

Clue - H... Joint

2.

4.

6.

C. 1.

2.

3.

4.

5.

6.

Clue - K... Joint



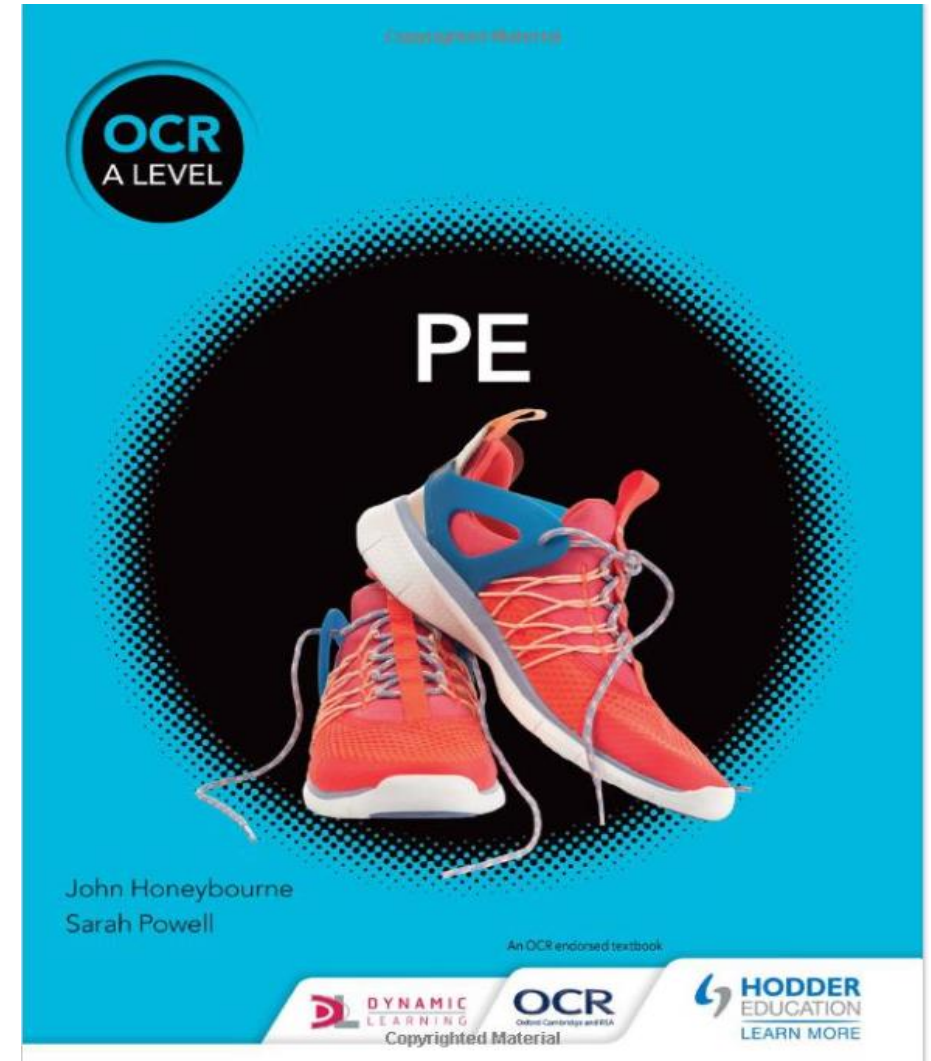
Do your own

.....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 is recommended by OCR which contains all aspects of the course.

- **ISBN-10** : 1510473319
- **ISBN-13** : 978-1510473317
- This is useful but not essential



Definitions: Match fixing -	Bribery -	Illegal sports betting-
Match fixing / Bribery to consider:		
Unethical:		
Illegal sports betting:		

Playing a game to a completely or partially pre-determined result. So, when a player, team or referee deliberately under-performs to ensure that one team loses or draws. This is against the rules of the game and often against the law.	In the Ancient Olympic Games, athletes were often accused of accepting bribes to lose
Betting and sport have always gone together.	Illegal sports betting goes hand in hand with match-fixing.
Sports' betting is legal in the UK; it is illegal in most US states.	Worldwide, the gambling industry is estimated to be worth hundreds of billions of pounds a year.
The practice of offering money to gain a dishonest advantage.	In recent years, the relationship between sport and betting has been damaged by illegal betting.
'punters' can now bet on a huge and increasing list of sports via online bookmakers.	To deliberately influence the course or result of a sporting event for an unfair advantage for oneself or others.
Match fixing is usually dealt with internally by the individual sport; each governing body has its own set rules and penalties against this practice.	Placing a bet with an unregistered bookmaker ('bookie'); this is linked to match-fixing and organised crime.
It is unethical to remove the uncertainty / 'chance' normally associated with sport.	Match fixing goes hand in hand with illegal sports betting
Much of the illegal sports betting industry is alleged to be in Asia.	