

A LEVEL
Specification

PHYSICAL EDUCATION

@

St Joseph's College



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 physiology Exercise physiology Biomechanics 	<p>Physiological factors affecting performance (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p>30% of total A level</p>
<ul style="list-style-type: none"> Skill acquisition Sports psychology 	<p>Psychological factors affecting performance (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% Of total A level</p>
<ul style="list-style-type: none"> Sport and society Contemporary issues in physical activity and sport 	<p>Socio-cultural issues in physical activity and sport (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p>20% of total A level</p>
<ul style="list-style-type: none"> Performance or Coaching Evaluation and Analysis of Performance for Improvement (EAPI) 	<p>Performance in physical education (04)*</p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p>30% of total A level</p>

* 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.

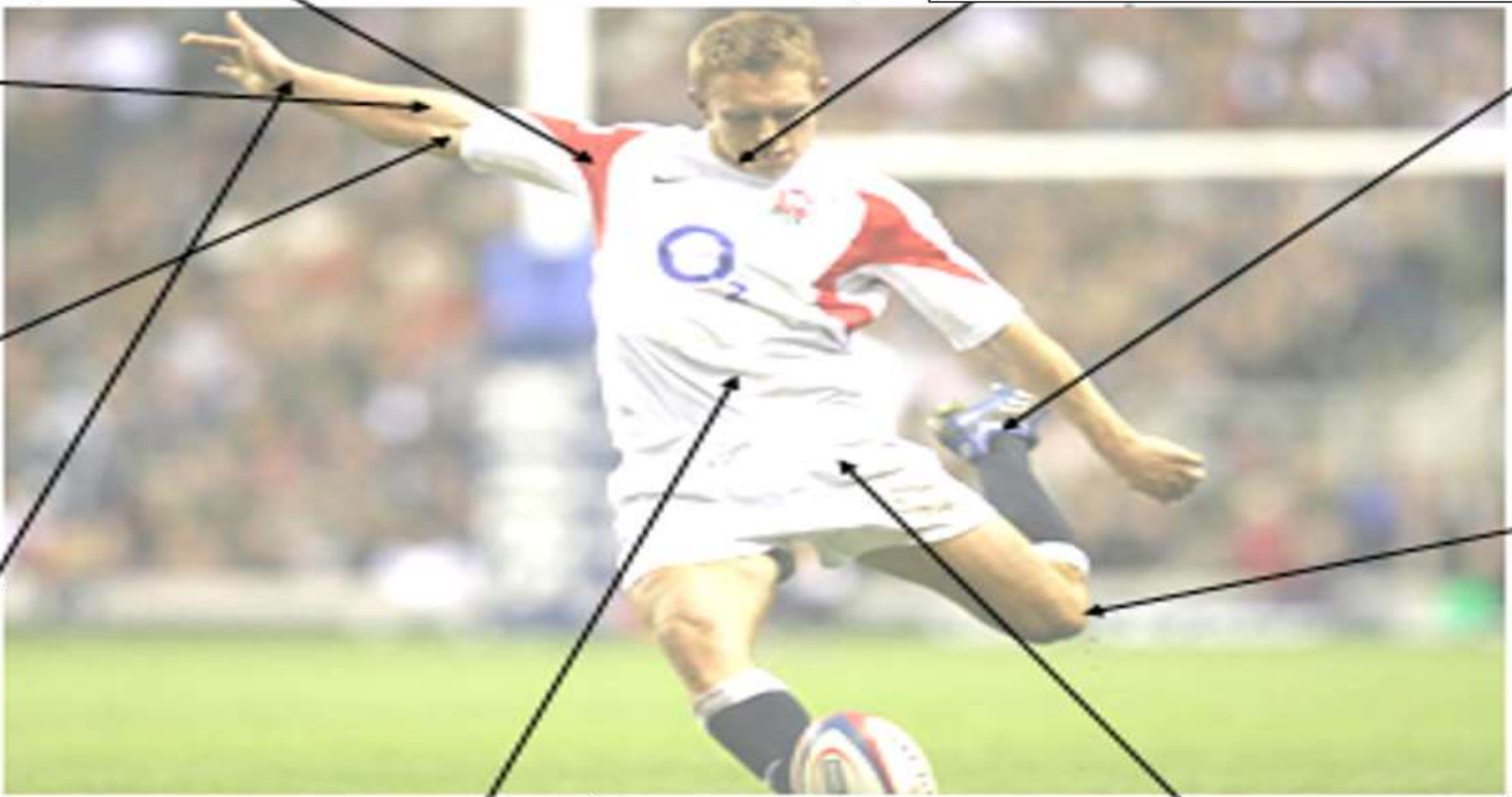
Transition Work :- For September



PE-Transition #1

- A.** 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- Clue – S..... Joint

1. Joint Name – Eg. Shoulder (not this one!)
 2. Joint Type – Eg. Gliding
 3. Movement Occurring
 4. Muscle Creating the movement – Prime mover / Agonist
 5. Antagonist
 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

- C.1.**
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- Clue – K... Joint

- E.1.**
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- Clue – Wr... Joint

- D.** 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
- Clue – H.. 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

NEA – Practical Performance and EAPI

1) Complete the following research task on the next slide.

2) Please print the skills criteria for your chosen practical activity from the NEA specification – stick in your book.

<https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>

Pages 34 onwards

Evaluating and Analysing of Performance for Improvement

Name:

Previous school:

What sport/ sports do you play?

What level do you play your sport at (school, local club, county, regional)?

Do you have any video evidence of yourself competing in your sport? If not, would you easily be able to collect video evidence outside of school?

Research task

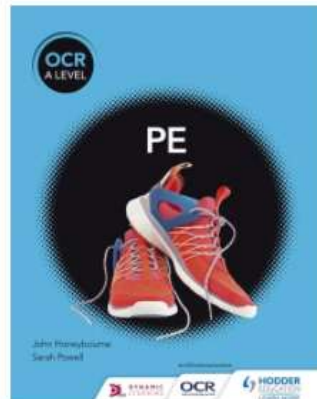
On the OCR website, find the guidance and criteria for your sport (<https://www.ocr.org.uk/Images/234840-as-and-a-level-guide-to-non-exam-assessment.pdf>), pages 38 onwards. Make notes on the core skills and advanced skills that you will be assessed on and the decision making and tactical awareness criteria

Resources



Content Book:

[https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-a-level-pe-\(year-1-and-year-2\)](https://www.hoddereducation.co.uk/subjects/sport-pe/products/16-18/ocr-a-level-pe-(year-1-and-year-2))



OCR A Level PE (Year 1 and Year 2)

Sarah Powell, John Honeybourne



This Student Book has been endorsed.
OCR-endorsed

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- Next steps and enrolment information.
- Best wishes for the GCSE results and we hope to see you next year!

