Taverham High School
A Specialist Sports College

OCR PE

A-Level OCR Physical Education

Aims and Objectives

OCR A-level in physical education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires you to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine the ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop the ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds

Entry Requirements

Minimum requirements are six GCSEs at Grade 4 or above, including Maths and English Language, and Grade 5 in Physical Education.

Choosing A-level PE means you have committed yourself to working with high expectations of yourself and others. At THS we expect students to achieve to the best of their ability supported by the staff here at THS. By choosing THS, you will receive:

- a module tutor specialising to degree level in their taught module
- teachers experienced in the assessment and examination of the OCR specification
- mentoring through each module tutor with meetings when necessary for each topic
- individual monitoring and target setting sheet to track progress
- up to date teaching methodology with online student resources available 24/7
- opportunities to get involved in and lead in teaching lessons and extra curricular clubs for younger students

Unit Guideline & Weighting

Content overview	Assessment overview	
Applied anatomy & physiology Exercise physiology Biomechanics	Physiological factors affecting performance (01) 90 marks 2 hour written paper	**30%** of total A-level
Skill acquisition Sports psychology	Psychological factors affecting performance (02) 60 marks 1 hour written paper	**20%** of total A-level
Sport and society Contemporary issues in physical activities and sport	Socio-cultural issues in physical activity and sport (03) 60 marks 1 hour written paper	**20%** of total A-level
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

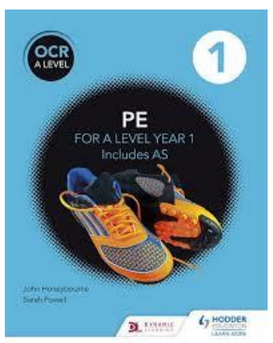
Expectations

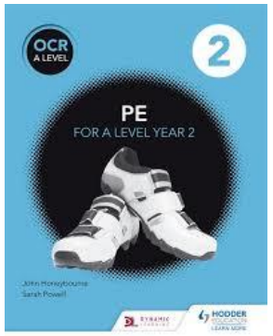
At THS we appreciate that in joining us at A-level you will also be experiencing a number of additional responsibilities outside of your curriculum time e.g. part time jobs, learning to drive etc. We do expect students to give serious consideration to these additional commitments as you're a-levels will require you to develop:

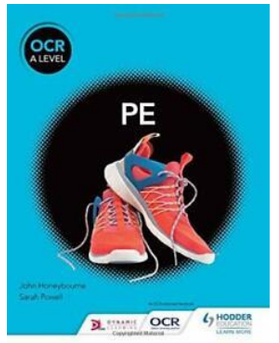
- an independent approach to learning
- high level organisational skills
- key skills in written, oral and physical work
- the ability to meet deadlines and effective preparation for each lesson
- self motivation

Effective time management is an essential skill to develop. You will be set homework consistently throughout the course and so managing your time effectively is integral to ensuring your personal success. For each lesson students will be required to bring (unless otherwise stated):

- any homework or work required as preparation for the lesson.
- pen/pencil case and A4 notepad.
- suitable practical clothing for practical activities when required
- OCR A-level PE Book 1 and Book 2
- an organised file containing previous work or the combined Year 1 and 2 book







Extra curricular expectations

Practical
The practical element of the course requires assessment as a performer or coach in one activity. Students need to prepare fully for this in their own time. You must be participating in your assessed sport or coaching on a regular basis.

EAPI
As part of the EAPI exam preparation, we expect all A-level PE students to lead and coach a school sports club. The aim of this is to help develop your understanding of coaching and skill progression which can then be applied into your verbal exam. This is a compulsory part of the course.

Submission of Work

It is important to note that the submission of A-level work forms part of the assessment made of individuals to continue on the course offered at THS. Students are expected to complete an additional two hours of work outside the classroom for every hour spent in the classroom.

THS have a clear submission policy which is expected of **all** students and is detailed below:

- students shall complete all homework set by the deadlines given by the member of staff
- all work should be completed to the best of the student's ability
- all work should have student name, date and title as a minimum requirement
- failure to complete homework or work which is set will result in a departmental detention to catch up on the class work they missed
- failure to turn up to the departmental detention will result in a first warning and a call home to parents

As part of the PE department's ongoing assessment, **all** students will undertake an end of topic test comprising of all three theoretical units. Students are expected to meet their target grade in end of topic tests.

Failure to meet their target grade will result in a re-take which will be completed in the student's own time in order to reach their target grade.

Use of ICT and Teams

An integral part of developing key skills at A-level involves competent use of ICT and online resources. As part of the structure within which THS teaches PE, the use of a virtual learning environment, Teams, will be used as an on-line resource to upload and retrieve documents.

Teams

Students will have access to an A-level room which will have each module and lesson by lesson notes available 24/7. As well as all lesson materials, additional links, interactive testing and resources are available for students.

With the use of Teams, students are expected to:

- set A-level PE as a favourite room on Teams for easy access
- upload classwork and homework when set
- catch up on any work missed and print off any resources missing

The development of ICT skills is extremely important in the modern world and therefore students are expected to come to A-level PE with a certain standard. We ask that all work (unless otherwise stated) should:

- be typed in Arial, Calibri or Times New Roman font size 11 with 1 ½ line spacing
- include a header stating your name, module leader and Unit of Work e.g.

Joe Bloggs	Mr Taylor	Skill Acquisition

- be clearly titled with the date

If work is not submitted to a suitable standard, staff will ask you to re-do the work set until it meets the required standard.

Homework will always be set using satchel:one stating the task and deadlines. Students need to ensure they have checked whether the work is to be uploaded onto satchel:one or handed in in person.

The PE department have invested in The Everlearner; an online resource which provides excellent videos, quizzes, end of topic heckpoints and revision materials. All A-level PE students will be added and given their own login.

Reading List & Websites

Students will be expected to research around the area as well as use up to date books and online resources to help their learning throughout A-level PE. Below is a list of required and suggested reading.

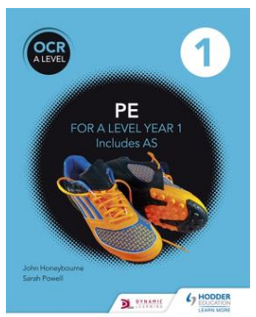
Please be aware that if you are eligible for a post 16 bursary then the cost of course resources may be covered depending on family circumstances – please ask in the sixth form office for further details.

Required to Purchase

OCR A Level PE Year 1 ***and*** ***OCR A Level PE Year 2*** ***or*** ***OCR A Level PE Year 1 & 2***

John Honeybourne; Sarah Powell

ISBN 978-1471851735
RRP £39.00



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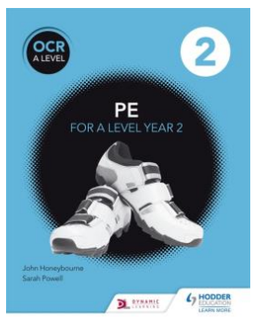

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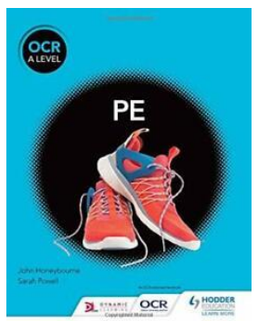
RRP £50.00



Suggested to Purchase

My revision notes OCR A Level PE
ISBN 978-1398360600
RRP £22.00
Keri Moorhouse

Suggested Reading

- PE Review (in library)
- Phillip Allan Updates 2010
- ISBN 17455715

Websites

The EverLearner	online video tutorials and quizzes on each PE topic
OCR	specification and online help about the course outline
Sport England	up to date account of sporting developments in the UK
UK Sport	elite level sport and funding structure
Visible Body	online animations for anatomical display
Taverham High School	links and login access to Teams, satchel:one and email

Induction Preparation

Preparation work for September

EAPI Preparation work

Your EAPI verbal exam requires you to watch a performance of your chosen sport focussing on one performer. You will have to identify their strengths and weaknesses and plan practices to improve their main weakness. To help you prepare for this, please choose **two** skills from the sport you are likely to observe e.g. overhead pass, reverse stick dodge, long pass, short pass, somersault, front landing etc

For each skill break it down into preparation, execution and follow through

For each phase provide a diagram and detailed coaching points

Exemplar: volleyball underarm serve:

Preparation

- stand facing the net, non-dominant foot forward with knees slightly bent
- hold ball in non-dominant hand with palm up
- hold ball around knee level in front of the body inline with dominant arm
- eyes on the ball

- keeping the elbow straight, swing hitting arm back in a straight line to shoulder level
- shift weight onto the back foot

Execution

- shift weight forward & take a small step forward with the dominant foot
- swing hitting arm forward in a straight line (keeping elbow straight)
- strike the ball with a stiff palm and open fist
- make contact with the lower-half of the ball so it lifts

Follow through

- follow arm through straight towards the target

Please bring all work to your first class in September

You must also ensure you have chosen the activity you wish to be assessed in for the Practical Performance module