

# Physical Education

Syllabus  
OCR



## Core content:

Unit 1: applied anatomy & physiology; exercise physiology; biomechanics - 30% of A-level

Unit 2: skill acquisition; sports psychology – 20% of A-level

Unit 3: sport and society; contemporary issues in physical activities and sport - 20% of A-level

Unit 4: non exam assessment (NEA) Performance or coaching; evaluation and analysis of performance for improvement (EAPI) 30% A-level  
(15% practical/coaching / 15% analysis).

**100%** A\*-E Grades in 2025