Key Stage: 5

Subject: PHYSICAL EDUCATION

Aims of the subject:

- AS Level in physical education will equip learners with both the depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them 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 their 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 their 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.

A-Level Examination Board: OCR – This is a 2 year linear course

Assessment Overview: Year 13 (to be examined 2019): - Paper 1: Physiological factors affecting performance (30% A level total) 2hrs; Paper 2: Psychological factors affecting performance (20% A level total) 1 hr; Paper 3: Socio cultural issues in physical activity and sport (20% A level total) 1 hr

NEA – Performance and Evaluation of Performance – 60 marks (30% AS total)

<table>
<thead>
<tr>
<th>Course</th>
<th>What will I study?</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>GCE PE</td>
<td><strong>Term 1:</strong> Applied anatomy – Skeletal and muscular systems Cardiovascular and respiratory system Sport and Society - Evolution of modern sport through Pre-industrial Britain, Post1850, 20th Century and 21st Century focusing on Class, Gender, Time, Transport, Money – using Tennis, Football, Cricket and Athletics as examples Skill Acquisition – Skill classification, Practice styles, Feedback, guidance, stages of learning NEA - Preparation for EPIP and practical</td>
<td>½ termly tests – formal exam structure Short answered questions for homework given throughout term to act as knowledge checks Retests if target grade not met Full mock to take place at the end of Term 3 and further mock to take place 2 weeks before the examination in term 6</td>
</tr>
<tr>
<td>Term 2:</td>
<td>Term 3:</td>
<td>Throughout the 2 year period – practical diary logs to be kept and checked and updates on Edmodo – assessment of practical and oral response (EPIP) Oral responses practiced during terms 4 &amp; 5 and performed before deadline of March 31st 2019</td>
</tr>
<tr>
<td>-----------------</td>
<td>-----------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| **Applied Anatomy** – Cardiovascular and respiratory system  
Skill acquisition – memory models  
**Sports Psychology** – individual differences, anxiety  
**Sport and society** - Modern Olympic Games, Political exploitation of games, global sporting events  
NEA - Preparation for EPIP and practical | **Biomechanics** – principles, levers and use of technology  
**Exercise Physiology** – energy for exercise, environmental effects  
**Sports Psychology** – aggression, social facilitation, group dynamics and goal setting  
**Contemporary issues in sport** – Commercialisation and the media  
NEA - Preparation for EPIP and practical |                                                                                                                                                                                                                           |
| **Term 4:**     | **Term 5:**          |                                                                                                                                                                                                                           |
| **Exercise Physiology** – Diet and nutrition, preparation and training methods  
**Sports Psychology** – attribution, confidence and self efficacy, leadership  
**Contemporary issues in sport** – routes to sporting excellence, modern technology  
NEA – preparation for EPIP | **Biomechanics** – linear motion, angular motion, fluid mechanism and projectile motion  
**Exercise Physiology** – Injury prevention and rehabilitation  
NEA - Preparation for EPIP and practical |                                                                                                                                                                                                                           |
| **Term 6:**     |                       |                                                                                                                                                                                                                           |
| Consolidation of theoretical knowledge in preparation for the examination |                                                                                                                                                                                                                           |
**Enrichment opportunities:** Access to major team games to develop advanced skills, and fitness requirements to allow students to achieve high marks in the practical components

**Suggestions for wider reading:**

- The Students Anatomy of Exercise Manual - Ashwell
- Periodisation Training for Sports 2e – Bompa
- Fitness and Health 7e – Sharkey
- Sport and Exercise Psychology – Cashmore
- Team Psychology in Sports - Cotterill
- Acquiring Skill in Sport 2e - Sharp
- AS/A2 Sports Psychology Guide - Webster
- Swimming with Dr Johnson and Mrs Thrale: Sport and Exercise in 18th Century England – Allen
- Sport and the Making of Britain - Birley
- British Sport : A Social History 2e - Brailsford
- Sport, Culture and Society2e – Jarvis
- Drugs in Sport – Mottram
- Can we have our Balls Back Please? How the British invented sport – Norridge
- The Story of Swimming – Parr
- Souled Out? How Blacks are Winning and Losing in Sport – Powell
- Psychology in Practice: Sport - Barbara Woods
How you can support your child’s progress

Encourage your child to:

- attend extra-curricular activities on a regular basis
- attend physical activities outside of school
- read around the subject including newspapers, online media and library resources
- use social media to access wider reading of the subject (e.g. twitter @PEmattersRST)