



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)

Course	What will I study?	Assessment
GCE PE	<p>Term 1: <u>Applied anatomy</u> – Skeletal and muscular systems Cardiovascular and respiratory system <u>Sport and Society</u> -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 <u>Skill Acquisition</u> – Skill classification, Practice styles, Feedback, guidance, stages of learning <u>NEA</u> - Preparation for EPIP and practical</p>	<p>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</p> <p>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</p>

Term 2:

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

Term 3:

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:

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

Term 5 :

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

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 &5 and performed before deadline of March 31st 2019

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

Sports in Society: Issues and Controversies – Coakley, Encyclopedia of Traditional Rural Sports – Collins

Sport, Culture and Society 2e – 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)