

Year 12 A Level Physical Education Transition Resources

The A Level Physical Education department are looking forward to teaching you in September!

Here is some information to help prepare you for your studies:

The examining board we use is OCR.

The OCR A Level Physical Education specification outlines the full course and can be found here -

<https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Assessment Overview

The course is broken down into two sections:

1. exams that equal 70% of your final mark (Theory)
2. non-examination coursework that equals 30% (Practical)

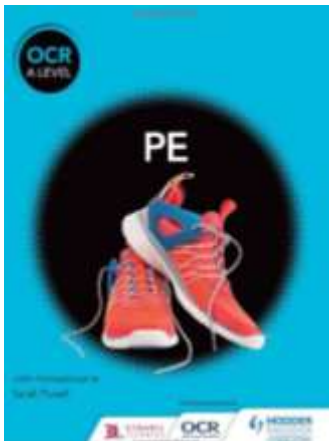
Exam 1 - Physiological factors affecting performance- 90 marks (2hr paper) = 30%

Exam 2 - Psychological factors affecting performance- 60 marks (1hr paper) = 20%

Exam 3 - Socio-cultural issues in physical activity and sport- 60 marks (1hr paper) = 20%

Practical Moderation - Performance in physical education and analysis of performance = 30%

This is the course textbook that you will be using to supplement your lessons:



This book contains all of the topics covered during the whole two-year course. It is not essential to buy the book but some students prefer to do so for ease of access to the course content.

It can be purchased from a variety of online retailers. Just search:

ISBN: 9781510473317

This is a link to purchase on Amazon:

<https://www.amazon.co.uk/OCR-Level-PE-Year/dp/1510473319>

If you are unable to purchase the book, you will have access to copies in the classroom and will be able to view individual chapters as an ebook when the relevant topics are being covered in class.

The first two units you will cover in September are Anatomy & Physiology (Exam 1) and Skill Acquisition (Exam 2).

It will be beneficial for you to either read the relevant chapters in the book or view the James Morris YouTube channel to access the same topics online. Here are the links to the unit playlists:

1. Anatomy & Physiology (16 videos/topics) -
<https://www.youtube.com/playlist?list=PLzh4kOin3WAqKL76NpiwuRoLrJDg65K16>
2. Skill Acquisition (11 videos/topics) -
https://www.youtube.com/playlist?list=PLzh4kOin3WArL_EFstlxY3tGb5JkKkFqS

Think about how the information relates to playing and training for your main sport. Also, if you make notes as you read / view the content, and write down any questions you have as you go along, this will accelerate your learning when we cover the topics in your lessons. Use the following link for a guide to note taking -

<https://drive.google.com/file/d/1tUeqvBuF0SgZoSKoiWLbyILQRM-dH63/view>

Cross reference the topics / key terms studied with the unit specification and tick them off to keep track of what you have covered.

WE DO NOT EXPECT YOU TO COVER EVERYTHING BUT PLEASE ENGAGE WITH THE FIRST 2-3 TOPICS FOR EACH UNIT AT LEAST