

Physical Education

A Level

OCR Advanced Subsidiary (AS) | Advanced Level (AS)
Head of Sport and Physical Education Department – Karen Foan

You should do this course if.....

You have an interest in the theoretical and practical elements of Physical Education. This is an advanced course for students who have academic ability, an interest in sport and an interest in improving their own performance. There is no requirement to have studied P.E. at GCSE Level.

In the theoretical modules you will consider the science, psychology and sociology of sport. It is important therefore that you have an interest in studying these areas with regard to their impact on sporting performance.

For the practical modules you will need to be a good sports performer but just as importantly you should be willing to work on improving your performance.

Skills you will develop on this course

The ability to use theoretical knowledge to explain, analyse and suggest improvements to sporting performance. In order to do this you will be helped to develop your research, evaluation, communication and presentation skills.

In the practical module you will be assisted to improve your sporting performance in two sports

Topics studied

UNIT 1 - (AS)

An Introduction to Physical Education

Students will study anatomy & physiology, socio-cultural studies and skill acquisition. Students will use their understanding of these areas to explain and evaluate performance and participation in physical activity

UNIT 2 - (AS)

Acquiring, Developing and Evaluating Practical Skills in Physical Education

Students will be assessed in two practical activities. Students will also be required to observe live performance and comment on the strengths and weaknesses of the players they are watching.

UNIT 3 – (A2)

Principles and Concepts across Different Areas of Physical Education

In this module students will again study three theoretical areas and analyse their impact on participation and competence in physical activity. The theoretical areas covered are: Historical Studies, Exercise and Sports Physiology and a choice of Biomechanics or Sports Psychology.

UNIT 4 – (A2)

The Improvement of Effective Performance and the Critical Evaluation of Practical Activities in Physical Education.

Students will be assessed in one of their two sports from the AS year. They will also be required to comment on live performance and explain how the theoretical areas studied affect performance.

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How will you learn?

This course is taught through practical work and classroom based teaching. There are a variety of styles used, which include individual study, group work, student presentations, class discussion and independent research. We make full use of local facilities including the Leisure Centre, Athletics Track and Woking Hockey Club. You will need to purchase a P.E. specified textbook.

Where does the course lead?

A Level Physical Education prepares students for the range of sports degrees on offer such as Sports Science, Sports Development, Sports Coaching and Sports Psychology. It is also excellent preparation for those wishing to study to teach PE. If taken in conjunction with Biology students are able to move onto study Physiotherapy at University. Students may also progress to work in the Leisure & Recreation Industry

Assessment and Exams

Unit 1

Written exam: 2hr Paper

Students will be required to answer three structured questions. (60% of AS)

Unit 2

AS Coursework Unit: Demonstration of the techniques and tactics in two practical activities and oral evaluation and appreciation of sporting performance. (40% of AS)

Unit 3

A2 Written exam: 2 ½ hr Paper

Students will be required to answer 3 structured questions. (70% of A2)

Unit 4

A2 Coursework Unit: Evaluation of effective performance in one practical activity and oral evaluation and appreciation of sporting performance. (30% of A2)

Entry Requirements

5C's at GCSE. Grade C or above in English Language, Maths and Science.

If you have taken GCSE PE you will be required to achieve at least a C grade. Please note it is NOT essential to have taken PE at GCSE.