

# A Level PE



**Exam Board:** OCR

This practical and engaging course has been developed after feedback from teachers and other key stakeholders, ensuring an inclusive specification that will allow all learners to achieve their potential. The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject. The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

## **Course Summary:**

**Physiological factors affecting performance:**

- Applied anatomy and physiology
- Exercise physiology
- Biomechanics

**Psychological factors affecting performance:**

- Skill acquisition
- Sports psychology

**Socio-cultural issues in physical activity and sport:**

- Sport and society
- Contemporary issues in physical activity and sport

**Practical Performances:**

- core and advanced skills in performing one activity or
- core and advanced skills in coaching one activity

**Evaluating and Analysing Performance for Improvement:**

This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.

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## Assessment:

Three written papers:

- Physiological paper – 2 hours 30% of total (90 marks)
- Psychological paper – 1 hour 20% of total (60 marks)
- Socio-cultural paper – 1 hour 20% of total (60 marks)
- Non-exam assessment – 15% of total (30 marks)
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## Entry requirements:

- 6+ GCSE PE.
- PH6 standard entry requirements of five + GCSEs (or equivalent) grades 9-5.
- It is possible to take A-level PE without GCSE PE. It is also strongly advisable to be playing sports outside of school.

## Who is the course for?

- Students who are considering further study in Sport and Exercise Science, Sports Development, Teaching, Coaching, Armed Forces or Sport Technology.
- Students considering a career in journalism, retail, manufacturing or professional sport.
- Students who have a genuine interest and aptitude for physical education and sport, but at present do not intend to take the study of the subject beyond A-level, can use their grades as UCAS entry points for any other further study or degree course.
- Apprenticeships in coaching and personal training have also proved to be popular exit routes for our students.

## Career pathways:

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry. This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

*'A Level PE has furthered my knowledge and understanding in various topics and has continued to show me how other subjects are interlinked. I've loved gaining a more in depth understanding of the body and socio-cultural influences in sport.'*