



# St Paul's Catholic School

## PHYSICAL EDUCATION

### **Entry Requirements**

Generic A-Level entry requirements plus GCSE PE at Grade 5 or above. If GCSE PE has not been taken at Key Stage 4 then a Grade 5 or above at Double Science is required.

### **Specifications For Year 12 - OCR**

#### **Component 01: Physiological factors affecting performance**

- 1.1 Applied anatomy and physiology – students will learn how to demonstrate knowledge and understanding of the key roles the skeletal, muscular, cardiovascular and respiratory systems play in the performance of physical activities.
- 1.2 Exercise physiology - you will learn to demonstrate knowledge and understanding of how diet, nutrition and ergogenic aids affect the body's ability to exercise during physical activity.
- 1.3 Biomechanics – students will learn to demonstrate knowledge and understanding of the underlying biomechanical principles related to Newton's laws of motion and force.  
By the end of the topic you should be able to perform calculations, draw and interpret diagrams and graphical data and have knowledge and understanding of the new biomechanical technologies used to analyse and enhance performance.

#### **Component 02: Psychological factors affecting performance**

- 2.1 Skill acquisition – by the end of this chapter students should be able to classify skills along a continuum e.g. difficulty, environmental influence, muscular involvement etc. This module will cover types and methods of practice where students will use their knowledge of classifications to determine methods used for skill learning to improve performance. In addition, students will learn how to describe the types of transfer of skills that occur in practical performance. The final chapters in this unit are learning theories and stages of learning. These chapters cover how theories can be used to learn movement skills and how stages of learning can affect the learning and performance of motor skills and the advantages and disadvantages of different types of feedback.
- 2.2 Sports psychology – in this unit students will learn how individual differences can affect performance such as personality, attitudes, motivation, arousal, anxiety, aggression and social facilitation. Group and team dynamics will also be covered in which students will learn the meaning of groups and teams and how this affects overall performance. Goal setting is the final chapter in this unit where students will know how to set effective goals to improve performance.

#### **Component 03: Socio-cultural issues in physical activity and sport**

- 3.1 Sport and Society – this unit will cover chapters such as emergence and evolution of modern sport, sport in the twenty-first century and global sporting events. Students will learn how certain factors shaped sport in pre-industrial Britain and twenty-first century Britain. In addition, students will learn the background, aims and political exploitation of the Olympic Games.
- 3.2 Contemporary issues in physical activity and sport – this topic will be covered in year 13 of the A Level course along with part 2 of all the above topics with the exception of Sport and Society.



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## Component 04: Performance in physical education (NEA)

4.1 Performance or coaching of **one** activity taken from the approved lists (please see the specification for the list of physical activities you may be assessed in).

4.2 Evaluation and Analysis for Performance Improvement. Students will watch a live performance of a chosen activity and identify and justify strengths and areas for improvement. They will then produce a coaching action plan detailing how to develop the athlete's areas for improvement.

### Assessment of A-Level

- One 2 hour paper worth 30% of the A Level - **Covering year 12 and year 13 topics.**
- Two papers both 1 hour long each worth 20% of the A Level - **Covering year 12 and year 13 topics.**
- Performance/Coaching and Evaluation and Analysis of Performance is worth 30% of the A Level.