

# PHYSICAL EDUCATION

## A LEVEL

Exam board OCR

### SPECIFIC ENTRY REQUIREMENTS

Two grade 5s or above in science, including biology. Grade 5 or above in PE if studied at GCSE level. It is essential for candidates to be regular performers in one competitive sport from the approved list.

### COURSE CONTENT

An A-Level PE student would be a well-motivated candidate with a keen interest in sport. The course looks at the theoretical aspects of sporting performance; this is where the main emphasis lies, with the remainder focused on the performance or coaching ability in one activity.

#### **Component 1: physiological factors affecting performance**

- 1.1 Applied anatomy and physiology
- 1.2 Exercise physiology
- 1.3 Biomechanics

#### **Component 2: psychological factors affecting performance**

- 2.1 Skill acquisition
- 2.2 Sports psychology

#### **Component 3: sociocultural issues in physical activity and sport**

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

#### **Component 4: performance in physical education (non-examination assessment)**

- 4.1 Performance or coaching of an activity taken from the approved lists
- 4.2 The Evaluation and Analysis of Performance for Improvement (EAPI)

### EXAMINATIONS AND ASSESSMENTS

**Written exams:** 70% of final grade  
**Non-exam assessment:** 30% of final grade

### SKILLS, LINKS AND PROGRESSION

The course takes a multidisciplinary approach, with the focus being the performer and the performance. A Level PE not only permits the 'good' sportsperson to gain credit for ability, but also allows academic and enthusiastic students to attain the highest grade.

### CONTACT

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