

Course information for Parents

Year/Keystage: 5 Subject: Physical Education

Subject Lead contact information

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OCR

Specification Code

H555

Subject Content**Year 12:**

- Applied Anatomy and Physiology
 - o Skeletal and muscular system
 - o Cardiovascular system
 - o Respiratory system
 - o Energy systems
 - o Environmental effects on the body systems
- Acquisition of movement skills
 - o Classification of Skill
 - o Types and methods of practice
 - o Transfer of skills
 - o Theories of learning
 - o Stages of learning
 - o Guidance
 - o Feedback
 - o Memory models
- Sociocultural issues in sport
 - o Emergence and evolution of modern sport
 - o Global events
 - o Ethics and deviance in sport
 - o Commercialisation and media
 - o Routes to sporting excellence in the UK
 - o Modern technology in sport
- Biomechanics
 - o Principles, levers and use of technology
 - o Linear motion
 - o Angular motion
 - o Fluid mechanics
 - o Projectile motion

Year 13:

- Exercise Physiology
 - o Diet and Nutrition
 - o Preparation and training methods
 - o Injury prevention and rehabilitation
- Sport Psychology
 - o Individual differences
 - o Group and team dynamics
 - o Goal setting
 - o Attribution
 - o Confidence and self-efficacy
 - o Leadership in sport
 - o Stress management to optimise performance

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- Evaluation and Analysis of Performance for Improvement (EAPI-Coursework)
 - o Strengths and weaknesses
 - o Priority weakness and time scale
 - o Development plan
 - o Application of relevant theory knowledge

Additional Equipment Needed (Ingredients, headphones, PE kit, etc.)

Students will require PE kit for some lessons. Advanced notice will be given to the students as to when they will be doing a practical task.

Assessment Details:

Theoretical exams:

- Paper 1- Physiological concepts of sport and Physical Education (30%)
- Paper 2- Psychological concepts of sport and Physical Education. (20%)
- Paper 3- Socio-cultural concepts of sport and Physical Education. (20%)

Non-Exam Assessment (NEA)

- Practical assessment in **ONE** sport in **EITHER** the role of a player/participant or a coach. (15%)
- Evaluation and analysis of performance for improvement- Oral Response (15%).

Students need to be able to demonstrate the following assessment objectives (AO)

- Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. (AO1)
- Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. (AO2)
- Justify knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. (AO3)
- Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. (AO4)

What can I do to support my child at home?

- Ensure that your child is physical active and competing.
- Discuss contemporary issues in sport e.g. Russian athletic team being banned for doping allegations, Video assisted Refereeing in football and match fixing in cricket.
- Ensure that the student has the opportunity to watch professional sport
- Maintain a series of video evidence of games and training session to support the assessment
- Encourage them to participate in National Governing Body coaching awards
- Ensure that the students keep their Competitive performance log book up to date.

Recommended resources for the course:

Websites:

- ocr.org.uk
- teachpe.com
- brianmac.com
- bbc.co.uk/sport
- National governing body websites
- Skysports.com

Books:

- PE FOR A Level year 1- Honeybourne and Powell
- PE FOR A LEVEL- Year 2- Honeybourne and Powell
- OCR A Level PE- My revision notes- Keri Moorhouse
- Sport Psychology- Concepts and applications- Richard Cox
- Motor Learning and performance- Schmidt and Wrisberg

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- Sports mechanics for coaches- Brendan Burkett
- The oxford dictionary of sports medicine- Michael Kent
- Exercise physiology- Theory and application to fitness and performance- Powers and Howley.

Apps:

- **Twitter with PE hashtags**

Teaching Staff Contact Details

Name	Role	Email	Tel
Mr R Hall	Head of Department, Teacher of physiological content and NEA assessor.	rhall@thehazeleyacademy.com	01908 555620
Mr A Soper	Teacher of Psychological content.	aspoer@thehazeleyacademy.com	01908 555620
Miss L Emerton	Teacher of Sociological content	lemerton@thehazeleyacademy.com	01908 555620

Additional Information:

As a part of the entry criteria, students are expected to play in competitive fixtures for clubs and team outside of school. This will develop their skill, knowledge and understanding whilst boosting their marks.