



PHYSICAL EDUCATION

STAFF

Mr Walker
Mrs Donohue
Mr Keenleyside
Mrs Swann
Mrs Green

SUPPORT

You will be able to contact your class teacher by email should you require any further support during your A level studies. We have an “open door” approach to support.

INTRODUCTION

This is a two year academic A level course and it provides students with an in-depth understanding of all aspects of sports science linked to performance in range of different sports and physical activities. Key areas of study cover anatomy, exercise physiology, injury rehabilitation, training, diet, nutrition, performance enhancement, analysis of performance, biomechanics, skill acquisition, sports psychology, socio cultural studies and the history of sport.

WHAT TO BRING FOR YOUR FIRST LESSON

You will be provided with an exercise book for each module. This should be used for all class work and homework. Please ensure you bring pens (black, green and highlighter), pencil and a ruler. Some lessons later in the term will involve practical performance and fitness testing, so appropriate sports kit should be worn.

CLASSWORK, HOMEWORK AND INDEPENDENT STUDY

Lessons will include group work, learning activities, explanations and exam practice. You will also carry out practical investigations E.G the effects of different intensities of exercise on heartrate, fitness tests and a baseline assessment of your level of performance in your chosen activity

You will generally be set some homework every lesson. This may be past exam questions, worksheets, learning activities, writing up and evaluating a practical investigation, further reading, preparatory tasks for a new topic or revision for a test.

In addition to any set homework, you **MUST** review every single lesson afterwards to ensure that you understand it, or you will quickly get left behind. This might include ensuring all work sheets are completed fully and stuck in your exercise books, rewriting notes in your own words, writing summaries or spider diagrams, practicing labelling diagrams from memory, complete definitions of key terms. A level Physical Education is much harder than GCSE and



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covers an in depth level of scientific content, so unfortunately you can never afford to coast, even if you did well at GCSE. Always ask your teachers if there is something you do not understand.

RESOURCES

All students are issued with a revision guide that covers all of the topics studied at A level. Online resources / additional materials are located in the PE Department shared area. Access to an online archive of exam board specific articles called 'PE review' is available via the Library. 'Topic on a page summaries' will be issued at the end of each unit of work. Booklets of past examination questions and mark schemes.

OCR website <http://www.ocr.org.uk/> specification, past examination papers, non-examined assessment guide.

WHAT YOU CAN DO TO HELP YOU PREPARE BEFORE THE COURSE BEGINS

Ensure you have a good understanding of GCSE PE level anatomy such as the names and locations of major bones and muscles, the structure and function of the cardiovascular and respiratory systems as you will start studying these topics in September. Keep up to date with developments and issues in elite sport. Ensure you continue to train, and perform in one chosen sport from the list of examination board approved activities. Complete a self-evaluation of your current level of performance and fitness linked to your chosen sport as well as a sporting CV. Develop an appreciation of performance by watching live sport whenever possible. Follow elite sports performers on social media to gain an insight into their training regimes. Read articles on major issues in sport such as the use of performance enhancing drugs and modern technology.

