



PHYSICAL EDUCATION

STAFF

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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 a 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.

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.

WHAT TO BRING FOR YOUR FIRST LESSON

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

CLASSWORK, HOMEWORK AND INDEPENDENT STUDY

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

You will be set homework every lesson and be required to complete one hour of independent study for each hour of lesson time. This may be past exam questions, worksheets, work books, learning activities, writing up and evaluating a practical investigation, further reading, and preparatory tasks for a new topic or revision for an assessment.

In addition to any set homework, you **MUST** review every single lesson afterwards to ensure that you understand a topic. This might include ensuring all work sheets are completed fully filed in your folders, rewriting notes in your own words, writing summaries or spider diagrams, practicing labelling diagrams from memory, and complete definitions of key terms. A level Physical Education involves a deeper and more scientific understanding of anatomy and physiology. You will also be required to master concepts of psychology and group dynamics and evaluate and analysis social issues, e.g. the effects of gambling on sports performers.

RESOURCES

All students are issued with a revision guide that covers all the topics studied at A level. Online resources / additional materials are in the PE Department sharepoint and Teams page. 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 will be used throughout the year. Online revision resources and teacher set tasks will be available through an online zig zag account; all students will be enrolled on this in Term 1. Students will also have access to an online text book.

We have a mini library in the PE classroom for all students to access.

All recommended textbooks can be found on the following page

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/textbooks/>

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 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, such as specialist training equipment, mental preparation of performers and recent examples of deviance in sport e.g. drugs or violence.

Develop an appreciation of performance by watching live sports whenever possible. Follow elite sports performers on social media to gain insight into their training regimes. Read articles on major issues in sport such as the use of performance enhancing drugs and modern technology.

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



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