



# GET READY TO STUDY A LEVEL PHYSICAL EDUCATION

If you are planning to study A Level Physical Education with us in September, please review this document and complete the required activities. Please bring the completed activities with you at induction.

## **What specification will I study?**

You will be studying the OCR Physical Education specification – you can find the specification [OCR A Level Physical Education Specification H555 - Version 1.4 January 2023](#).

Year 12 will focus on Anatomy and Physiology, Skill Acquisition and Sport and Society, giving you a grounding in how athletes and sport develop.

Year 13 will focus on Exercise Physiology and Biomechanics, Sports Psychology and Contemporary Issues.

## **How many lessons will I have a week?**

You'll have 4 lessons a week, each lesson is 1 hour and 5 minutes

## **Who can I contact if I have a question about this subject?**

Kelly Bowes, Sixth Form Manager for Support and Engagement, A-Level PE  
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## What subjects go well with Physical Education?

Biology and Psychology both have overlapping elements which help to support understanding of Anatomy, Physiology and Sports Psychology units.

## What grades should I have?

In addition to the general sixth form entry requirements, it is highly recommended that learners achieve a grade 5 in GCSE Biology and GCSE Physical Education. Additionally, because of the high percentage of grade that comes from practical assessment, it is highly recommended that you are participating in regular, competitive sport at a standard equivocal to 'county' level in one of the following sports:

Activity	Restrictions and allowances	Page
Acrobatic gymnastics		36
Amateur boxing		38
Association football	Cannot be five-a-side	39
Athletics		41
Badminton		43
Basketball		44
Blind cricket		45
BMX	Racing only (not trick)	46
Boccia		47
Camogie		48
Canoeing		49
Cricket		50
Cross country running		51
Cycling	Track or road cycling only	52
Dance		53
Diving	Platform diving	55
Equestrian		57
Figure skating		59
Futsal		61
Gaelic football		63
Goalball		65
Golf		66
Gymnastics	Floor routines and apparatus only.	68
Handball		70
Hockey	Must be field hockey	71
Hurling		73
Ice hockey		74
Inline roller hockey		76
Kayaking		78
Lacrosse		79

<b>Activity</b>	<b>Restrictions and allowances</b>	<b>Page</b>
Netball		81
Polybat		82
Powerchair football		83
Rock climbing	Can be indoor or outdoor	84
Rowing		85
Rugby league	Cannot be tag rugby	86
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby	87
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications:  Individual - single hander <ul style="list-style-type: none"> <li>• ILCA 6 (laser radial)</li> <li>• ICLA 7 (laser standard)</li> </ul> Team - double hander <ul style="list-style-type: none"> <li>• 29ER</li> <li>• 420</li> <li>• Nacra 15</li> </ul>	89
Sculling		91
Skiing	Must take place on snow, can be indoor or outdoor	92
Snowboarding	Must take place on snow, can be indoor or outdoor	93
Squash		94
Swimming	Not synchronised swimming, personal survival or lifesaving	95
Table cricket		96
Table tennis		97
Tennis		98
Trampolining		99
Triathlon	Sprint only	100
Volleyball		102
Water polo		103
Wheelchair basketball		105
Wheelchair rugby		106
Windsurfing	Candidates must be assessed within full competitive situations in one of the following Royal Yachting Association windsurfing classifications: <ul style="list-style-type: none"> <li>• IQ Foil</li> <li>• RS:X 8.5</li> </ul>	108

# WHAT WILL I STUDY?

## In Year 1, you will study the following topics:

Anatomy and Physiology

Skill Acquisition

Sport and Society

## In Year 2, you will study the following topics:

Exercise Physiology and Biomechanics

Sports Psychology

Sport and Society and Technology

## How will this be assessed?

Content	Component	Paper
Applied Anatomy and Physiology	<b>Component 1</b>	<b>Paper 1</b> – Written paper. Total of 30% of A-Level. 2 hours. 60 marks.
Exercise Physiology		
Biomechanics		
Skill Acquisition	<b>Component 2</b>	<b>Paper 2</b> – Written paper. Total of 20% of A-Level. 1 hour. 60 marks.
Sport Psychology		
Sport and Society	<b>Component 3</b>	<b>Paper 3</b> – Written paper. Total of 20% of A-Levels. 1 hour. 60 marks.
Contemporary Issues in Physical Activity and Sport.		
Practical Performance	<b>Component 4 and 5</b>	Non-Exam Assessment (NEA). Your own performance in sport is considered.

# WHAT WILL I NEED?

To study the course, you will need the following equipment:

- A folder with dividers
- Lined paper
- Pens and pencils
- Highlighters
- A ruler

Students also find it useful to have:

- Blank flashcards
- A whiteboard and whiteboard pens

# FIND OUT MORE

These activities are to help broaden your understanding of the subject in preparation for studying this subject at an advanced level.

Careers	<p>Exercise Physiology  Osteopath  Podiatrist  Sports Development Officer  Sports Biomechanist  Sports Lecturer/ Teacher  Outdoor and Adventure Activities Lead  Sports Coach  Sports Therapist/ Physiotherapist  Sports Dietitian/ Nutritionist  Sports Psychologist  Strength and Conditioning Coach/ Personal Trainer  Performance Analyst</p>
Social Media	N/A
YouTube	<p>There are some really useful videos for the course so we recommend subscribing to the following channels:  <a href="#">A Level PE with Daniel Handisides</a>  <a href="#">James Morris</a></p>
Further Reading / Useful websites	<p>Keep up to date with the latest sporting news and events through:</p> <p>BBC Sport  Sky Sports News  The Guardian – Sports News</p>

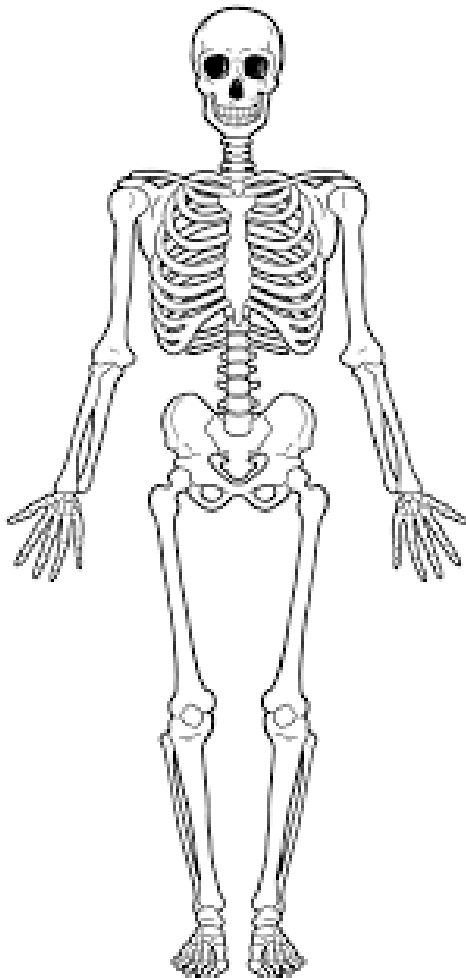
# REQUIRED ACTIVITIES

It is important that all the required activities are completed in preparation for starting your course. Please bring these completed activities with you at induction.

Choosing your A Levels can be a challenge for some learners therefore if you are undecided around which subjects you are planning to study completing these activities will give yourself greater insight into the course to help ensure you have made the right choice.

**Summer tasks** – *you must complete the work below before starting college in September.*

- 1) Below is the human skeleton. The human skeleton can be split into two sections. The Axial and Appendicular skeleton. The axial skeleton is made up of bones that protect vital organs. The appendicular skeleton is made up of the bones that create our limbs. Using two colours and a key, colour in each section.

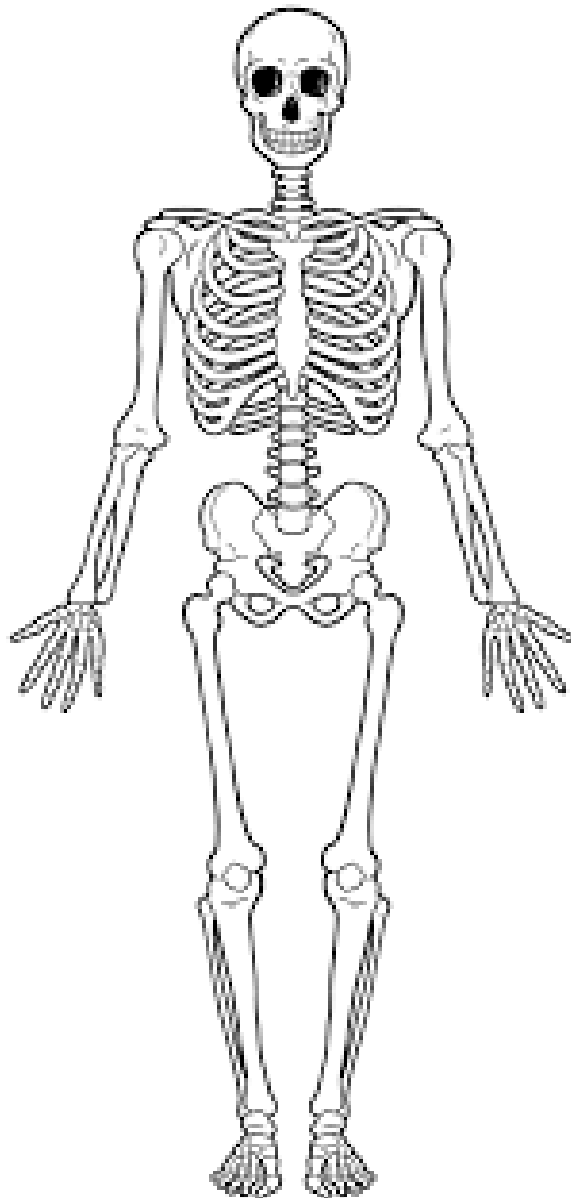


2) Using the skeleton diagram below can you label 23 bones of the skeleton that are in the box below.

Humorous  
Scapula  
Mandible  
Sternum  
Ulna  
Radius  
Cranium  
Rib cage

Pelvis (Ilium, Ischium and Pubis)  
Femur  
Tibia  
Fibula  
Tarsal  
Metatarsals  
Carpals

Metacarpals  
Clavicle  
Patella  
Talus  
Phalanges X2  
Coccyx  
Sacrum





3) Complete the table below with your own research:

<b>Type</b>	<b>Explanation/description</b>	<b>Example</b>
Long		
Short		
Flat		
Irregular		
Sesamoid		

- 4) Synovial joints are crucial in sport and exercise as they allow free movement. You must know the common features in a synovial joint and explain the structure and function:

<b>Feature</b>	<b>Structure</b>	<b>Function</b>
Ligament		
Synovial Fluid		
Articular Cartilage		
Joint Capsule		
Bursa		