

KS5 Curriculum Overview

Physical Education

OCR A-Level PE

Curriculum Intent

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.

With all topic areas of the specification being compulsory, OCR is aware of the need for comprehensive resources covering all areas. Our resourcing provision will support you fully in your teaching of this qualification.

What do students *do* with this knowledge or these skills?

The OCR A-Level PE course bridges the gap from GCSE PE/Level 2 Sports courses to University or Higher Education study.

OCR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance

- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

How does the KS5 curriculum build on that from KS4?

The KS5 PE curriculum at DMA builds on the level 2 courses on offer at KS4. Pupils have the option of following A-Level PE. Through this course pupils develop their knowledge further in areas such as physiological and psychological factors affecting performance, social cultural issues in physical activity and sport.

This academic course will lead pupils into further study at University.

A-Level PE - What new knowledge or skills are students taught?

Term	Year 12	Year 13
Autumn	<p>Paper 1</p> <p>1.3 Biomechanics</p> <ul style="list-style-type: none"> • Newtons Laws • Forces • Levers <p>1.1 Applied Anatomy & Physiology</p> <ul style="list-style-type: none"> • Skeletal & muscular systems • Planes and axis <p>Paper 2</p> <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Classification of skills • Types and methods of practice • Transfer of skill <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Stages of learning • Guidance 	<p>Paper 1</p> <p>1.3 Biomechanics</p> <ul style="list-style-type: none"> • Motion <p>1.1 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • Energy systems • Recovery process <p>Paper 2</p> <p>2.1 Skill Acquisition</p> <ul style="list-style-type: none"> • Memory Models <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Attribution • Leadership <p>Paper 3</p> <p>3.2 Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • Routes into sporting excellence in the UK <p>3.2 Contemporary Issues in Physical Activity and Sport</p>

	<ul style="list-style-type: none"> • Feedback <p>Paper 3</p> <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Pre-Industrial • 1850's <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • 20th Century <p>21st Century</p>	<ul style="list-style-type: none"> • Modern technology in sport
Spring	<p>Paper 1</p> <p>1.1 Applied Anatomy & Physiology</p> <ul style="list-style-type: none"> • Cardiovascular system • Respiratory system <p>1.2 Exercise Physiology</p> <ul style="list-style-type: none"> • Diet and nutrition • Ergogenic aids <p>Paper 2</p> <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Personality • Attitudes • Motivation • Arousal • Anxiety <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Aggression • Social Facilitation • Group and team dynamics • Goal Setting <p>Paper 3</p> <p>3.1 Sport and Society</p> <ul style="list-style-type: none"> • Modern Olympic games • Hosting global events <p>3.2 Contemporary Issues in Physical Activity and Sport</p>	<p>Paper 1</p> <p>1.1 Applied Anatomy and Physiology</p> <ul style="list-style-type: none"> • Environmental effects • Injury prevention <p>Paper 2</p> <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Stress management

	<ul style="list-style-type: none"> • Drugs and doping • Violence • Gambling 	
Summer	<p>Paper 1</p> <p>1.2 Exercise Physiology</p> <ul style="list-style-type: none"> • Preparation & training methods <p>1.3 Biomechanics</p> <ul style="list-style-type: none"> • Motion <p>Paper 2</p> <p>2.2 Sports Psychology</p> <ul style="list-style-type: none"> • Confidence and Self-Efficacy in Sport <p>Paper 3</p> <p>3.2 Contemporary Issues in Physical Activity and Sport</p> <ul style="list-style-type: none"> • Commercialisation and media <p>NEA - H555/06 Evaluating and Analysing Performance for Improvement</p>	<p>Paper 1</p> <p>Revision</p> <p>Paper 2</p> <p>Revision</p> <p>Paper 3</p> <p>Revision</p>
Rationale for this sequencing	The sequencing has been decided upon as the order now flows and pupils have experience of previous topics which will enable them to more fully engage with the proceeding topic.	

Additional support at home	
Additional reading for enjoyment, enhancement and extension	<ul style="list-style-type: none"> • BBC Sport - Scores, Fixtures, News - Live Sport • Sky Sports - Sports News, Transfers, Scores Watch Live Sport • An awareness of contemporary news/issues from the world of sport

<p>Online resources to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • The Everlearner: Preparation tasks will be set on this platform • Welcome To TeachPE.com - TeachPE.com • BrianMac Sports Coach • Youtube - MrMorris
<p>Workbooks & revision guides to practice, consolidate and revise</p>	<ul style="list-style-type: none"> • OCR A Level PE textbook • A-Level PE Topics on Page (booklet handed out and on Teams area)