

Year	KS5
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Subject Title	A-Level Physical Education
Exam board	OCR
Specification code	H555
Exam details	<p>Paper one: Physiological factors affecting performance - 90 marks - 2 hour written paper</p> <p>Paper two: Psychological factors affecting performance - 60 marks - 1 hour written paper</p> <p>Paper three: Socio-cultural issues in physical activity and sport - 60 marks - 1 hour written paper</p>
Setting arrangements	No setting
Time allowed	Y12 – 300 minutes per fortnight Y13 – 250 minutes per fortnight
Link to the Toolkit:	
Textbooks and revision guides	OCR PE for A-Level (Honeybourne and Powell) ISBN: 9781471851735
Homework information	Students will be set weekly homework. Tasks range from shorter mark exam answers to longer mark questions which are essay based. We also regularly set independent research work alongside revision-based tasks. This is alongside students taking part in regularly physical activity in their chosen A-Level sport outside of school.

Term	Topics	Skills	Assessment
Students are taught by 3 members of staff who take responsibility	<p><u>Physiological factors affecting performance</u></p> <ul style="list-style-type: none"> -Anatomy and Physiology -Movement analysis -Cardiovascular system 	<ul style="list-style-type: none"> -Develop knowledge and understanding of new course content. -Writing technique to answer longer mark 	<p>Three exams at the end of Y13. See above for details.</p> <p>40% non-exam assessed work. This is</p>

<p>for each of the three papers.</p>	<ul style="list-style-type: none"> -Respiratory system -Energy systems -Diet and nutrition -Ergogenic aids -Training -Injuries -Biomechanics <p><u>Psychological factors affecting performance</u></p> <ul style="list-style-type: none"> -Skill acquisition -Sports psychology (personality, individual differences, team dynamics, leadership, goal setting, stress management) <p><u>Socio-cultural issues in physical activity and sport</u></p> <ul style="list-style-type: none"> -Evolution and emergence of modern sport -The Olympic Games -Global sporting events -Contemporary issue in sport (ethics and deviance, commercialisation, media, routes to sporting excellence, modern technology in sport) 	<p>questions. These tend to be essay based so literacy techniques are developed.</p> <ul style="list-style-type: none"> -Solving problems -Independent learning -Understanding graphs -Revision techniques -Cultural awareness -Diversity 	<p>made up of 1 practical sport and an evaluation talk on your chosen sport.</p>

Links to websites and revision materials:	
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