

Student guide to OCR A level Physical Education at St. Aloysius College



Is this the right subject for me?

The Advanced (OCR) GCE in Physical Education will appeal to you if:

- you are curious about the ways in which the body and mind functions during sport and exercise
- you are a capable sports performer, official or coach
- you are interested in finding out about how sport is organised and administered in the UK and other countries
- you have the ability to think logically and analytically
- you wish to explore attitudes and concepts relating to sport and exercise

What will I learn?

Sport and physical activity are a vital and expanding part of modern life. The impact of London 2012 has yet to be seen, although it is certain that the legacy of such an important event will drive further development in sport and physical activity. This course will equip you to develop and apply your skills and techniques to differing physical activity situations and contexts. You will develop your knowledge to be able to act in a variety of roles within physical activity as well as understand the impact that physical activity and sport can have on healthy lifestyles.

At AS level (year 1) you will study:

Unit G451: An introduction to Physical Education.

Anatomy & Physiology (Section A)

- The skeletal and muscular system
- Motion and movement
- The cardiovascular and respiratory systems in relation to the performance of physical activity

Acquiring Movement Skills (Section B)

- Classification of motor skills and abilities
- The development of motor skills
- Information processing
- Motor control of skills in physical activity
- Learning skills in physical activity

Socio cultural activities relating to participation in physical activity (Section C)

- Physical activity
- Sport and culture
- Contemporary sporting issues

Unit G452: Acquiring, developing and evaluating practical skills in Physical Education.

- Performance
- Evaluating and planning for the improvement of performance

At A2 level (year 2) you will continue to develop your knowledge and skills base. You will study two units, **Unit G453** and **Unit G454**:

Unit G453: Principles and concepts across different areas of Physical Education.

Comparative Studies (Section A)

- The United Kingdom
- The USA
- Australia

Sports Psychology (Section B)

- Individual aspects of performance
- Group dynamics of performance and audience effects
- Mental preparation for physical activity

Exercise and Sport Physiology (Section B)

- Energy
- Health components of physical fitness
- Application of the principles of training
- Performance enhancement

Unit G454: The improvement of effective performance and the critical evaluation of practical activities in Physical Education.

- Performance
- Evaluation, improvement and appreciation of performance

How will I be assessed?

AS (Year 1) - two units:

Unit G451: An introduction to Physical Education.

2 hour written examination.

Unit G452: Acquiring, developing and evaluating practical skills in Physical Education.

Practical assessment in two sports from differing activity profiles. Oral response to practical observation.

Unit G451: An introduction to Physical Education.	Unit G452: Acquiring, developing and evaluating practical skills in Physical Education.
2 hour exam 60% of AS Level 30% of A2 Level	Practical assessment in two sports. Oral response to practical observation. 40% of AS Level 20% of A2 Level

A2 (Year 2) - two further units:

Unit G453: Principles and concepts across different areas of Physical Education.

2.5 hour written examination. The final part of each question of the examination will cover Physical education in a synoptic context (i.e. pulling together aspects of the other studied topics).

Unit G454: The improvement of effective performance and the critical evaluation of practical activities in Physical Education.

Practical assessment in one activity and a synoptic oral response to a live performance.

Unit G453: Principles and concepts across different areas of Physical Education.	Unit G454: The improvement of effective performance and the critical evaluation of practical activities in Physical Education.
2 ½ hour exam 30% of A Level	Practical assessment in one activity and a synoptic oral response to a live performance. 15% of A Level

What can I do after I've completed the course?

An A Level in Physical Education is a fantastic basis for entering further education! You will find that studying Physical Education is a brilliant step towards a wider range of HE courses and/or employment opportunities.

- Further education – physical educationalists can go on to study higher level courses, including Foundation degrees, undergraduate degrees and/or BTEC Higher Nationals.
- Employment – physical educationalists can go into a wide range of jobs, including:
 - Coaching
 - Education
 - Management
 - Retailing
 - Sales
 - Social/health services

Next steps!

Interested? Talk to your teacher in the first instance. They will be able to advise you on what steps to take next and how to optimise your achievement at GCSE. Work hard over the coming months in order to achieve an A*-C grade in the final examinations. Students with B grades will only be accepted if they have demonstrated necessary potential to cope with the demands of the A level Physical Education course. Students also need to have at least a double B grade in combined science or two B grades in single science subjects.

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