



SIXTH FORM

# Physical Education

OCR  
AS H154/A2 H554



## WHY CHOOSE PHYSICAL EDUCATION?

The AS/A2 Level course is designed to develop the student's knowledge, insight and understanding of performance. Within the course the student also participates in the study of movement, performance, behaviour in relation to play, institutionalised physical education, sport and recreation, studying concepts and methods of enquiry drawn from a wide range of activities enabling the student to investigate in theory as well as practically.

## HOW USEFUL WILL IT BE?

The Physical Education A Level provides an excellent basis for anyone interested in the sport and leisure industry, teacher training, a career in the Army or the Navy.

## WHAT WILL YOU NEED TO DO TO BE SUCCESSFUL?

To study this subject you will need a minimum of five GCSE subjects at Grade A\*-C, including English plus Maths, and Science, preferably at a B grade. Those students taking GCSE PE are required to have passed the theory paper at a minimum C grade and preferably achieved an overall A\* to B grade.

Each student must also have a high standard in his/her performance in at least two sports. Those students who have reached a county level in a particular activity will be at an advantage in the practical assessment. Students must be strong in two practical areas:

Athletics, Dance, Judo, Gymnastics, Mountaineering, Squash, Swimming, Basketball, Badminton, Hockey, Netball, Soccer, Rugby, Tennis, Golf plus many others.

Along with their personal performance in the practical assessment the students are required to analyse performances, correct faults in techniques and have a good understanding of the rules and regulations of the activities.

## WHAT WILL YOU STUDY ON THE COURSE IN YEAR 12 – THE AS LEVEL?

Students will complete two units in Year 12:

**Practical Assessment (40%)** – two activities – either two performances, one performance and one coaching or one performance and one officiating. You will also evaluate performance and plan for the improvement in one of your chosen activities.

**An introduction to Physical Education (60%)** – the theory part of AS level covers the following areas – Anatomy & Physiology, Acquiring Movement Skills and Socio-cultural Studies. There will also be a focus on balanced, active and healthy lifestyles. It will be examined by a two hour written paper.



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## WHAT WILL YOU STUDY ON THE COURSE IN YEAR 13 – THE A2 LEVEL?

Students will complete two units in Year 13:

**Practical Assessment (30%)** – one activity from the two assessed at AS level. You will also evaluate performance and plan for the improvement in your chosen activity.

**Principles and Concepts across different areas of Physical Education (70%)** – the theory part of A2 level covers the following areas: Exercise Physiology, Sports Psychology, Historical Studies or Comparative Studies. There will also be a focus on balanced, active and healthy lifestyles. It will be examined by a 2.5 hour written paper.

## HOW IS THE A2 LEVEL ASSESSED?

Carried forward from AS Level (50% of A Level).

## HOW MUCH TIME WILL YOU HAVE TO SPEND ON PRIVATE STUDY/RESEARCH?

AS Level: at least 4 hours per week.

A2 Level: at least 5 hours per week.

