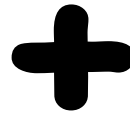


# PHYSICAL EDUCATION FACULTY

Welcome to A LEVEL PE 2019



# ASHBY SCHOOL PHYSICAL EDUCATION

## A LEVEL PE – AN INTRODUCTION



You have chosen to spend the next two years studying A Level Physical Education. This is a tremendous opportunity to study a fascinating subject in a faculty that has enjoyed terrific results for over fifteen years. But, do not be lulled into thinking that you have chosen an easy option and a good grade is a formality – this is far from the truth.

You are to study a subject which is not an Art or a Science but a mixture of the two with an important practical element. This allows everyone to find an area of strength. It also means that you will find some areas more demanding. Only if you work hard in ALL areas will you succeed. In the practical area you must be prepared to put in a good deal of your own time to improving your performance.

Be aware that you will be required to work very hard and that laziness or performance below your best will not be tolerated. All work will be handed in on time. When homework is set, it should be looked at the same day so if there is a problem, you can see your teacher the next day to ensure that you complete the homework on time, and do not make the excuse that you did not understand what you had to do.

Similarly if you are absent for any reason it is your responsibility to seek out your teacher to find out what you have missed in the lesson and to get any homework so it can be completed by the due date. Failure to complete homework suggests a lack of real interest and such a student will be advised to find another subject.

If you arrive at a lesson without completing the work set then you are not ready for the lesson and so you will be sent to a study area to complete it – this then means you will have more work to copy up when you return.

Our results are excellent year after year. This is not just down to brilliant teachers! You will find that all the staff demand your best efforts at all times and it is this graft that brings results, not genius.

Remember that this is A level and you are:

1. Here by choice
2. Intelligent – you have done well to gain the necessary access grades
3. Expected to work very hard

You will expect to be treated like an adult, and it is therefore up to you to accept certain responsibilities, which include having the good sense and confidence to ask a teacher for help if you do not understand something. It is our job to help you and we will be happy to go over and over a topic with you if necessary. Do not sit and suffer in silence, ask the question – it is likely that others will be feeling the same way.

You will never be criticised for asking too many questions.

While in school you will have non-contact time but you should not regard this as free time. You will find that if you do not use this time wisely you will not maintain the necessary standard of work to achieve a high grade. You should use this non contact time to do the following:

1. Read over work done in class
2. Read around areas covered in class
3. Complete homework set in class

You will not get a top grade purely on lesson notes – use the textbooks and the resources available in the PE department.

We strongly advise that you purchase the course textbooks. We will be starting with content from book 1.

- OCR A Level PE Book 1  
J Honeybourne & S Powell  
Publish Date 24/06/16  
ISBN = 9781471851735

- OCR A Level PE Book 2  
J Honeybourne & S Powell  
Publish Date 26/08/16  
ISBN = 9781471851742

A major complaint of sixth form students is that they have nowhere to work during study periods. You do not have this excuse as the PE rooms (B35 & B36) are available to you at all times, except when another PE theory group is using it. You may use all the text books and the computers to do your work, but do not remove any resources from the room without asking, and remember that this is not an alternative social area.

Overall we really want you to do well. This is because we are nice people and your success means that we get to keep our jobs!

Work hard, enjoy yourself and never be afraid to ask for help.

If you ever have a question please e mail us:

Mrs V.Rundle-Brown, Head of PE (V.Rundlebrown@ashbyschool.org.uk)

Mr J Mycroft (J.Mycroft@ashbyschool.org.uk)

Mr R Skervin (R.Skervin@ashbyschool.org.uk)



# A LEVEL PHYSICAL EDUCATION (OCR H555)

## UNITS AND HOW THEY ARE ASSESSED

### COMPONENT 01 - Physiological Factors Affecting Performance

This involves **THREE** areas of study and will be taught by **Mrs Rundle-Brown** (5 out of 10 lessons)

- **Applied Anatomy & Physiology**
- **Exercise Physiology**
- **Biomechanics**

This component is assessed by a **2 HOUR EXAMINATION** paper

It is worth 90 marks (**30%** of your total A Level)

### COMPONENT 02 - Psychological Factors Affecting Performance

This involves **TWO** areas of study and will be taught by **Mr Skervin** (2 out of 10 lessons)

- **Skill Acquisition**
- **Sports Psychology**

This component is assessed by a **1 HOUR EXAMINATION** paper

It is worth 60 marks (**20%** of your total A Level)

### COMPONENT 03 - Socio-Cultural Issues In Physical Activity & Sport

This involves **TWO** areas of study and will be taught by **Mr Mycroft** (2 out of 10 lessons)

- **Sport & Society**
- **Contemporary Issues In Physical Activity & Sport**

This component is assessed by a **1 HOUR EXAMINATION** paper

It is worth 60 marks (**20%** of your total A Level)

## COMPONENT 04 - Performance In Physical Education

This involves TWO areas of study

- **Performance or Coaching in ONE ACTIVITY**
- **Evaluation & Analysis of Performance For Improvement (EAPI) - Oral Assessment**

It is worth 60 marks (30% of your total A Level)

### GUIDELINES

- You will have to select your strongest activity from the list below
- If you select to do coaching you **MUST** be active at a high level in order to achieve a high mark
- If a school club is running in your activity we expect you to be attending it weekly. We will not necessarily visit an outside club to assess you when a school club is in place

### Activities Available

Association Football (NOT 5-aside or Futsal)

Amateur Boxing

Athletics

Badminton

Basketball

Camogie

Canoeing

Cricket

Cycling (Track or Road)

Dance

Diving (Platform)

Equestrian

Gaelic Football

Golf

Gymnastics

Handball

Hockey (Field)

Hurling

Kayaking

Lacrosse

Netball

Rock Climbing

Rowing

Rugby League

Rugby Union

Sculling

Skiing  
Snowboarding  
Squash  
Swimming  
Table Tennis  
Tennis  
Trampolining  
Volleyball

In order to make a sensible choice you need to visit the OCR website and look at the criteria for the activities you are considering.

To make a sensible choice you need to print off and read thoroughly the criteria for your activity.

### **TASK 1 - Find the criteria:**

OCR Home Page > Subject > Physical Education > AS/A level GCE > Physical Education H155, H555 (2016) > Scroll Down To Specifications > Guide To Non-Exam Assessment

### **TASK 2 - Print the criteria/Read the criteria:**

Now find your activity, print off the criteria, read them thoroughly, and file them in your PE folder. We will be asking to see these at the start of the academic year.

## **SUMMER HOLIDAY HOMEWORK**

On the next 3 pages you will find your summer holiday homework. All 3 pieces need to be given in at the start of your first lesson back (which could be on your first day back!) Remember this is your chance to make a good impression!

This is in addition to printing and reading the practical criteria (which will be checked first lesson back)

## **PHYSIOLOGY - SUMMER 2018 HOMEWORK**

This is the biggest part of the course and the syllabus is split into three main areas:

- Anatomy & Physiology
- Exercise Physiology
- Biomechanics

## HOMEWORK TASK 1

- Find a LARGE action picture of a sportsman/woman
- Add the following labels to your picture (it is up to you how you do this but keep it as neat as possible)
  - a) Label as many bones as possible
  - b) Label as many joints as possible
  - c) Annotate the movement that is occurring at the joint (i.e. flexion, extension etc) and indicate the direction of the movement
  - d) Label as many muscles as possible

## HOMEWORK TASK 2

- I want you all to think about **competing in a big sporting event** within the next year. For those of you that compete in sports eg football this may be a cup final etc. For those of you that don't you may like to think about a running event (race for life / half marathon etc) or another event (school aquathon / swimathon / walking expedition / triathlon / bike ride / tough guy etc) to give yourself a personal challenge.
- Your task is to **design a 4 week training programme** for that event

## HOMEWORK TASK 3

- Design a poster to explain the difference between the 3 types of lever (1<sup>st</sup> class / 2<sup>nd</sup> class / 3<sup>rd</sup> class)

## **PSYCHOLOGY - SUMMER 2018 HOMEWORK**

There are three phases of learning that we pass through when learning skills.

Research and describe the features of the cognitive, associative and autonomous stages of learning. For each stage, you will also need to describe what someone in your sport would look like.

Your response must be:

- Hand written
- Contain a minimum of 3 points for each stage of learning

# SOCIO-CULTURAL STUDIES - SUMMER 2018 HOMEWORK

The following task is designed to introduce you to contemporary issues surrounding sport in the UK. You may wish to locate the information you need from newspapers, magazines, television programmes or the internet. If you search the internet make sure that the sites you are using are reputable and that all sources are referenced i.e. you state the website address or the newspaper and date that you gathered the information from there.

## HOMEWORK TASK

Pick your favourite sport.

Produce a timeline of the major developments in your sport from 1700 to 2017.

Write a very short paragraph explaining how the following things have affected the development of your sport between this time period:

- Gender
- Availability of time
- Availability of transport
- Social Class
- Education
- Law and Order



# PHYSICAL EDUCATION

## AS RESULTS 2002-2016

| YEAR          | ENTRIES    | A         | B          | C         | D         | E         | U         |
|---------------|------------|-----------|------------|-----------|-----------|-----------|-----------|
| 2002          | 19         | 6         | 3          | 4         | 3         | 1         | 2         |
| 2003          | 31         | 7         | 11         | 3         | 2         | 8         | 0         |
| 2004          | 23         | 4         | 9          | 5         | 4         | 1         | 0         |
| 2005          | 30         | 8         | 5          | 3         | 7         | 5         | 2         |
| 2006          | 45         | 5         | 9          | 14        | 11        | 5         | 1         |
| 2007          | 46         | 15        | 12         | 7         | 10        | 1         | 1         |
| 2008          | 28         | 4         | 6          | 9         | 4         | 3         | 2         |
| 2009          | 35         | 9         | 11         | 10        | 3         | 3         | 0         |
| 2010          | 44         | 7         | 11         | 13        | 10        | 3         | 0         |
| 2011          | 45         | 10        | 10         | 12        | 8         | 3         | 2         |
| 2012          | 37         | 9         | 11         | 3         | 5         | 6         | 3         |
| 2013          | 20         | 7         | 3          | 2         | 7         | 1         | 0         |
| 2014          | 17         | 4         | 3          | 3         | 4         | 3         | 0         |
| 2015          | 13         | 2         | 2          | 3         | 2         | 2         | 2         |
| 2016          | 11         | 1         | 1          | 1         | 5         | 2         | 1         |
| <b>TOTALS</b> | <b>433</b> | <b>97</b> | <b>106</b> | <b>91</b> | <b>80</b> | <b>45</b> | <b>15</b> |

## A2 RESULTS 2002-2017

| YEAR          | ENTRIES    | A*        | A         | B         | C         | D         | E         | U        |
|---------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|----------|
| 2002          | 16         |           | 6         | 5         | 2         | 1         | 2         | 0        |
| 2003          | 14         |           | 2         | 5         | 3         | 1         | 3         | 0        |
| 2004          | 24         |           | 4         | 8         | 4         | 3         | 3         | 2        |
| 2005          | 17         |           | 3         | 7         | 4         | 1         | 2         | 0        |
| 2006          | 21         |           | 9         | 4         | 4         | 1         | 3         | 0        |
| 2007          | 31         |           | 3         | 8         | 13        | 5         | 2         | 0        |
| 2008          | 34         |           | 9         | 12        | 10        | 3         | 0         | 0        |
| 2009          | 22         |           | 7         | 3         | 3         | 6         | 3         | 0        |
| 2010          | 29         | 3         | 4         | 15        | 6         | 1         | 0         | 0        |
| 2011          | 34         | 0         | 5         | 5         | 12        | 8         | 3         | 1        |
| 2012          | 26         | 4         | 2         | 9         | 9         | 2         | 0         | 0        |
| 2013          | 25         | 3         | 6         | 8         | 3         | 5         | 0         | 0        |
| 2014          | 15         | 2         | 3         | 3         | 4         | 3         | 0         | 0        |
| 2015          | 15         | 1         | 2         | 3         | 5         | 2         | 2         | 0        |
| 2016          | 9          | 0         | 2         | 3         | 3         | 0         | 1         | 0        |
| 2017          | 5          | 1         | 0         | 1         | 1         | 2         | 0         | 0        |
| <b>TOTALS</b> | <b>328</b> | <b>14</b> | <b>65</b> | <b>96</b> | <b>83</b> | <b>43</b> | <b>23</b> | <b>3</b> |