



HARLINGTON
UPPER SCHOOL

Creating ambitious, altruistic and accountable leaders

A LEVEL PHYSICAL EDUCATION

EXAM BOARD: OCR
KS5 Leader: Mr A. Payne

Course Entry Requirements:
GCSE Grade 4 in Science and English and a GCSE
Grade 5 (or equivalent) in a PE related course



Course Outline and Assessments

The A Level PE course is aimed at those students who have a strong interest in the theoretical study and practice of sport. Key areas related to sport performance are explored such as applied anatomy and physiology, exercise physiology, biomechanics, skill acquisition, sport psychology, sport and society, and contemporary issues in sport.

A proven record of achievement in practical sport and current club, district, county and above representation is a correlative factor of success in this qualification.

ASSESSMENT

Component 1 30% of final grade 120 minute exam	Written exam
Components 2&3 40% of final grade 120 minute exam	Written exam with 60 minutes for each component
Practical Assessment 15% of final grade	Assessment will be in one sport (team or individual) as a player/performer
Coursework Assessment 15% of final grade	Students produce an Evaluation and Analysis of Performance for Improvement (EAP)

LEARNING STRATEGIES

- ✓ Learning experiences relate to real-life experiences in PE and Sport
- ✓ Strong link maintained between physical activities and theoretical content
- ✓ Decision making and role plays
- ✓ Developing awareness of current affairs in sport
- ✓ Self-study using school resources
- ✓ Out of school visits, lectures and revision courses

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COURSE DETAILS



Component 1: Physiological factors affecting performance[Theory]

Topic 1 – Applied anatomy and physiology
Topic 2 – Exercise physiology
Topic 3 – Biomechanics

Component 3: Social-cultural issues in physical activity and sport[Theory]

Topic 1 – Sport and Society
Topic 2 – Contemporary issues in physical activity and sport

Component 2: Psychological factors affecting performance [Theory]

Topic 1 – Skill acquisition
Topic 2 – Sport psychology

Coursework assessment:

The assessment consists of the student producing an Evaluation and Analysis of Performance for Improvement (EAPI)

Practical assessment:

Assessment of practical skills and their application will be continuous throughout the course. Performance will also be assessed through a log book of evidence of the students training and competition programme in their respective sport. Video evidence of sport performance both in training and competition will be required.