



Sixth Form

A Level PE



Transition pack
&
Sixth Form Home Learning

PHYSICAL EDUCATION

A Level

Where do I start from?

You will need to meet the School's minimum entry requirements. Please also refer to the Sixth Form Minimum Entry Requirements information sheet. For this subject you will need a minimum Grade 6 in Biology for separate Science or 66 for Core & Additional Science. You will also require a Grade 5 in Maths and English Language or English Literature. If you have studied PE at GCSE you will require a minimum Grade 6. It is also expected that an individual will have a significant interest in a chosen sport from the specification, including playing at a strong level.

A Level PE is an enjoyable but academically demanding subject. It is also expected that students have a good grasp of English language.

What will I study?

At NSB we study OCR A Level GCE Physical Education which offers a varied course mixing several strands of theory.

The courses are based on modular sessions incorporating a number of theoretical areas:

1. Applied Anatomy and Physiology,
2. Biomechanics,
3. Exercise Physiology.
4. Sport and Society,
5. Sport and society and the role of technology in physical activity and sport.
6. Skill Acquisition,
7. Sports Psychology,

Timetable constraints mean we cannot offer practical lessons in curriculum time. Students are expected to show commitment to their development in ONE sport outside of lesson time. They will also be expected to fulfill coursework requirements on their chosen activity. This will contain information on teaching points, coaching drills, evaluations and training plans.

How will I be assessed?

There are termly assessments and internal examinations throughout the course.

Actual exam structure

Two examinations cover the 7 main theoretical areas.

2 hours - Paper 1- Areas 1, 4 and 6.

2 hours - Paper 2- Areas 2, 3, 5 and 7

This makes up 70% of the total grade.

Non Exam Assessment

You will be assessed in ONE sport at GCE A Level which may be in the role of coach or performer. This is half of your NEA grade at 15%.

Students are also required to analyse and evaluate, using appropriate theoretical content included in the specification, a performance as either player/performer or coach, in one activity from the specification. Students can analyse and evaluate their own performance or the performance of another, as long as it is in an activity that is from the specification. This makes up the other 15% of the NEA.

Together this makes up 30% of the total grade.

How will I study?

Lessons will vary in style using workshops, presentation and investigative techniques. You will be put into study groups and will be expected to meet once a week to complete a variety of tasks in order to prepare for lessons, group work or assessments.

It is imperative that students use their own time profitably. For each hour of lesson time you should be spending at least 1-1½ hours working on your own. There will be regular testing and we have in place an A Level resource reference section in the library.

My Profile

Previous form of PE study:

What made you want to study this course?

How will you be successful?

List of activities applying to qualifications awarded from 2022 for A level or 2021 for AS level

Activity	Comments
Acrobatic gymnastics	
Amateur boxing	
Association football	Cannot be five-a-side
Athletics	
Badminton	
Basketball	
Camogie	
Canoeing	
Cricket	
Cycling	Track, road or BMX cycling (racing, not tricks) only
Dance	
Diving	Platform diving
Equestrian	
Figure skating	
Futsal	
Golf	
Gaelic football	
Gymnastics	Floor routines and apparatus only
Handball	
Hockey	Must be field hockey
Hurling	
Ice hockey	
Inline roller hockey	
Kayaking	
Lacrosse	
Netball	
Rock climbing	Can be indoor or outdoor
Rowing	
Rugby league	Cannot be tag rugby
Rugby union	Can be assessed as seven or fifteen a side. Cannot be tag rugby
Sailing	Royal Yachting Association recognised sailing boat classes only. The list can be found online at: https://www.rya.org.uk/racing/youth-junior/info/Pages/recognised-classes.aspx



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Sculling	
Skiing	Outdoor/indoor on snow. Must not be dry slopes
Snowboarding	Outdoor/indoor on snow. Must not be dry slopes
Squash	
Swimming	Not synchronised swimming, personal survival or lifesaving
Table Tennis	
Tennis	
Trampolining	
Triathlon	Sprint only
Volleyball	
Water polo	
Windsurfing	
Specialist activity	
Blind cricket	
Boccia	
Goal ball	
Powerchair football	
Polybat	
Table cricket	
Wheelchair basketball	
Wheelchair rugby	

My sport:

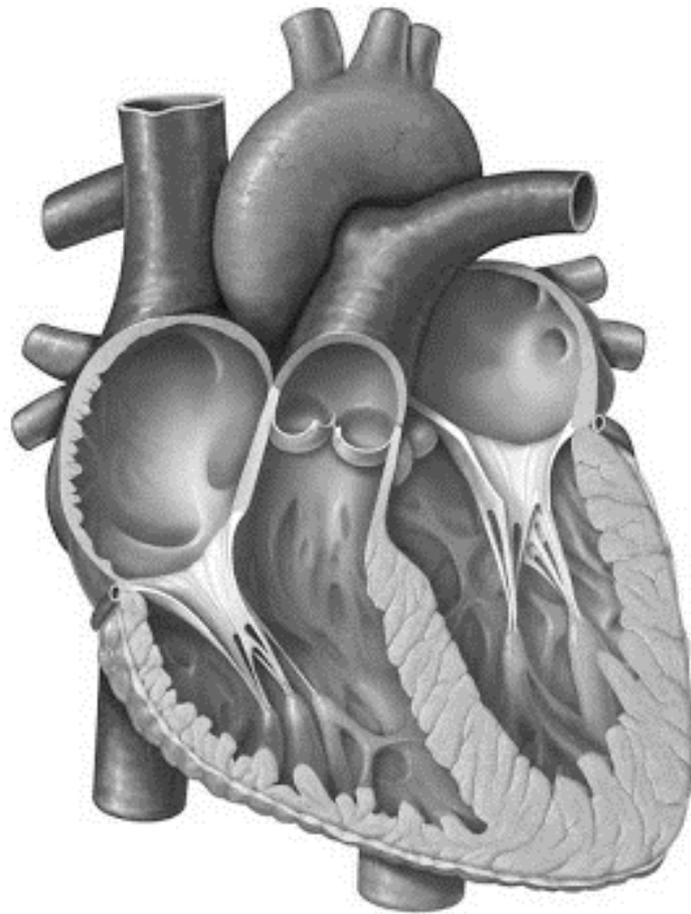
Who I play for:

Achievements:

The achievement you're most proud of:

Home Learning Theory

Anatomy and Physiology The Heart



Research and add the following labels including arrows: Aorta, left pulmonary artery, interventricular septum, left ventricle, inferior vena cava, right atrium, superior vena cava, left pulmonary veins, pulmonary semilunar valve, aortic semilunar valve, left atrium, tricuspid valve, right, pulmonary veins, right ventricle, bicuspid valve, chordae tendineae.

Explain the role that the cardiovascular system plays in your sport?

Psychology/Skill Acquisition
Characteristics of skill

Research and define the following qualities that make up a skilled performance (ACEFACE):

A= Aesthetically pleasing

Example:

C= Consistent

Example:

E= Efficient

Example:

F= Fluent

Example:

A= Accurate

Example:

C= Controlled

Example:

E= Economical

Example:

Sport and Society

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This year, you will develop your knowledge and understanding of how physical activity and sport have developed through time and the factors that shape contemporary sport. You will study the 'Emergence and evolution of modern sport' through pre and post-industrial Britain into the 20th & 21st Century.

Within each time period you will consider gender and the changing status of women; law and order; education; availability of time and money; availability of transport; the impact of amateurism and professionalism and the influence of Public Schools. Later in the year you will also study the nature of global sporting events and how they reflect and are impacted upon by social issues.

Summer Transition Task

Before you come to the first lesson, I would like you to research the way a sport or game has changed over time. Over the summer I would like you to spend some time researching a sport or game of your choice and be able to discuss the way in which it has changed from before the British Industrial Revolution through to modern day. Consider looking into the effect of a few of the following areas on your chosen sport or game;

- Social Class
- Gender Issues
- Law and Order
- Availability of Education (or lack of)
- Availability of Free Time
- Availability of Money
- Availability of Transport
- Amateurism and Professionalism
- Role of the Media
- Impact of Commercialism

Using the internet will provide you with lots of information. You should come to the first lesson prepared to present and discuss your findings within a small group and feedback to the class.

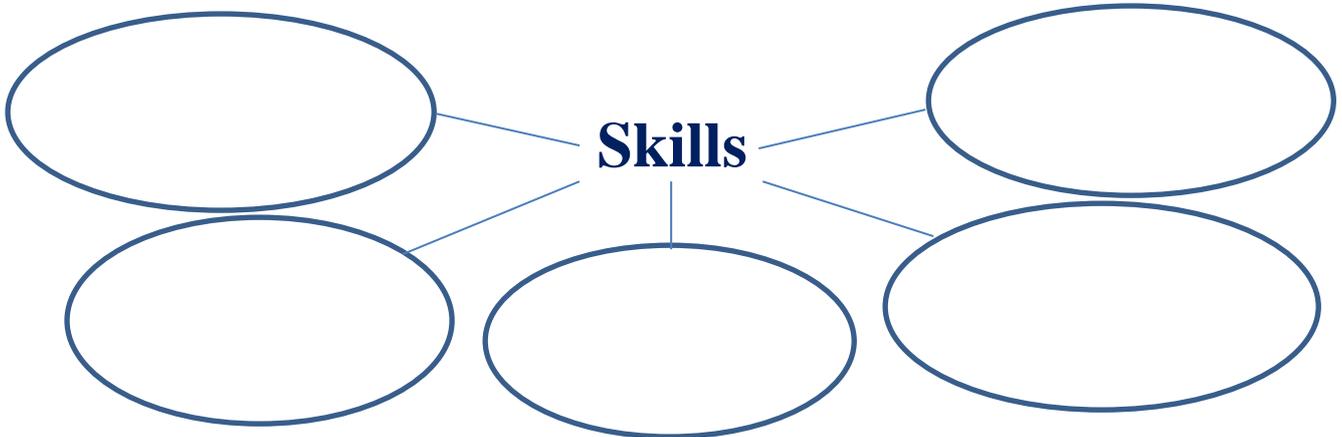
You do not need to produce a PowerPoint presentation, but you will need to bring your pack of research and your thoughts/findings.

Practical- Self Evaluation

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Sport:

Identify 5 key skills from your sport. E.g. chest pass in basketball/netball or grip in javelin.



Break one of these skills down into its technique in bullet points. A technique is a step by step in performing the skill.

E.g. Chest Pass

- Hold ball close to chest with elbows wide for stability.
- Hands should form a W behind the ball.
- Step forward... ect.

Skill to be broken down:

- .
- .
- .
- .
- .
- .
- .
- .

My Strengths within my sport:

- .

Impact on performance:

- .

Impact on performance:

- .

Impact on performance:

My Weakness within my sport:

- .

Impact on performance:

- .

Impact on performance:

- .

Impact on performance:



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Choose 1 weakness that you want to improve

Weakness:

Justify why you want to improve this weakness:

6 week home training plan to improve

Exercise	Reps/Sets/ Time/Distance	How I will progress this over the 6 weeks? FITT	Performance Record. Use a different coloured pen each week to record result.

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Additional videos to support learning.

YOUTUBE CLIPS

Venous Return <https://www.youtube.com/watch?v=J80hhCkLuaA>

Stages of Learning <https://www.youtube.com/watch?v=n7UcobSenck>

Rational Recreation <https://www.youtube.com/watch?v=SPrTPKj4ONQ>

Diet and Supplements <https://www.youtube.com/watch?v=pBAPapMCRIo>

Newton's Laws <https://www.youtube.com/watch?v=MAM6LOUnJ80>

Aggression in Sport <https://www.youtube.com/watch?v=DlrTha8cbAI>

Revision <https://www.youtube.com/watch?v=Hf9CUHsrKcQ>

CHANNELS

My PE Exam – <https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ>

The PE Tutor - https://www.youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug

James Morris – <https://www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw>