

PHYSICAL EDUCATION

THIS SUBJECT IS USUALLY DELIVERED AT TORQUAY BOYS' GRAMMAR SCHOOL, HOWEVER, **IF ENOUGH TGGs STUDENTS OPT FOR IT**, IT WILL BE DELIVERED AT TGGs BY OUR TEACHING STAFF.

Current Teaching Staff:

Mr B R Passenger - Head of Department

Examination board and syllabus: OCR

Entrance requirement: Students should have a strong practical background and understanding. Grade 6 in GCSE Science is expected. Grade 6 or above in GCSE Physical Education (if studied) would also be expected.

The Course

This syllabus is offered as a multi-disciplinary approach to the participation in and study of man's movement, performance and behaviour in relation to play, institutionalised physical education, sport and recreation. Academic study within physical education can provide greater knowledge, insight and understanding of performance. This syllabus is based on an understanding of concepts and methods of enquiry drawn from a wide range of disciplines with the focal point being the performer and the performance.

The content

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their experience of practical activity in developing their knowledge and understanding of the subject.

Assessment Overview

<ul style="list-style-type: none">• Applied anatomy and physiology• Exercise physiology• Biomechanics	Physiological factors affecting performance (90 marks) 2 hr written paper	30%
<ul style="list-style-type: none">• Skill acquisition• Sports psychology	Psychological factors affecting performance (60 marks) 1 hr written paper	20%
<ul style="list-style-type: none">• Sport and society• Contemporary issues in physical activity and sport	Socio-cultural issues in physical activity and sport (60 marks) 1 hr written paper	20%
<ul style="list-style-type: none">• Performance or Coaching in 1 sport• Evaluation and Analysis of Performance for Improvement	Performance in physical education (60 marks) Non-exam assessment/coursework	30%

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore an activity in detail as a performer or coach, chosen from a wide variety of sporting activities. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

Aims and Learning Outcomes

OCR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education. This requires them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how physiological and psychological states affect performance
- understand the key socio-cultural factors that influence people's involvement in physical activity and sport
- understand the role of technology in physical activity and sport
- refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health and fitness
- improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

Useful supporting GCSE and A Level Subject: Biology.

CAREERS

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

This specification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable them to stand out and effectively promote themselves as they progress through life.