



AS/A Level GCE Physical Education

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Cromwell Community College

Should I take this course?

If you choose to study Physical Education at Cromwell Community College, you will find the course both stimulating and challenging as we take you through a variety of sports related experiences.

You may or may not have studied P.E. at G.C.S.E before but many of the areas will be new and or studied at much greater depth. A good grade at GCSE Science, particularly Biology, History and Psychology would also be beneficial, although are not compulsory requirements.

All of you should however have had a range of sporting experiences and it is the intention of the course to draw on these experiences and relate them to the theoretical concepts and ideas contained in the syllabus.



Physical Education is an excellent and rewarding subject for those students who have sporting interests and who may be considering careers in the following areas – Sports Science/Research, Physiotherapy, Teaching, Leisure/Recreation Management, and Coaching. Those who do not wish to pursue a sporting career will find the development of their sporting knowledge a valuable experience.

P.E. is a demanding and academic subject at Cromwell which will require hard work and commitment on your behalf to get the most from the course.



The Course up Close

- *OCR Advanced Subsidiary GCE H154*
- *OCR Advanced GCE H554*

AS Units

Anatomy and Physiology

- The skeletal and muscular systems
- Motion and movement
- The cardiovascular and respiratory systems in relation to the performance of physical activity

Acquiring Movement Skills

- Classification of motor skills and abilities
- The development of motor skills
- Information processing
- Motor control of skills in physical activity
- Learning skills in physical activity

Socio-Cultural Studies relating to participation in physical activity

- Physical activity
- Sport and culture
- Contemporary sporting issues

Acquiring, developing and evaluating practical skills in Physical Education

- Performance
- Evaluating and planning for the improvement of performance

A2 Units

Historical Studies

- Popular recreation in pre-industrial Britain
- Rational recreation in post-industrial Britain
- 19th-century public schools and their impact on the development of physical activities and young people
- The developmental stages of athleticism in 19th-century public schools
- Case Studies
- Drill, physical training and Physical Education in state schools

Sports Psychology

- Individual aspects of performance
- Group dynamics of performance and audience effects
- Mental preparation for physical activity

Exercise and Sport Physiology

- Energy
- Health components of physical fitness
- Application of the principles of training
- Performance enhancement

The Improvement of effective performance and the critical evaluation of practical activities in Physical Education

Practical Skills

- Performance
- Evaluation, appreciation and the improvement of performance



COURSEWORK ASSESSMENT

Candidates will be assessed in:

- 1. Performing two chosen activities from two different activity profiles and Evaluating and Planning for the improvement of performance.

OR

- 2. Performing one chosen activity and coaching/leading one chosen activity from two different activity profiles together with Evaluating and Planning for the improvement of performance.

OR

- 3. Performing one chosen activity and officiating one chosen activity from two different activity profiles together with Evaluating and Planning for the improvement of performance.

Candidates are assessed in **two** chosen activities from **two** different activity profiles.

The activity profiles are:

1. athletic activities;
2. combat activities;
3. dance activities;
4. invasion game activities;

5. net/wall game activities;
6. striking/fielding games;
7. target game activities;
8. gymnastic activities;
9. outdoor and adventurous activities;
10. swimming activities;
11. safe and effective exercise activities.

At A2 candidates are assessed in one activity area only



How will i be graded

LEVEL	UNIT TITLE	TIME (exam)	AS %	A2 %
AS	An introduction to Physical Education	2hr	60%	30%
AS	Acquiring, developing and evaluating practical skills in Physical Education	C/W	40%	20%
A2	Principles and concepts across different areas of Physical Education	2.5hr		35%
A2	The improvement of effective performance and the critical evaluation of practical activities in Physical Education	C/W		15%

WHAT YOU NEED TO START THE COURSE

MATERIALS

You will be required to provide files with paper and topic dividers, pens, pencils, ruler, calculator and highlighter. You will receive a good number of worksheets and handouts and will have access to the main course textbook.

READING LIST

Main Course Text (provided by school)

- ✓ OCR - Physical Education As/A2

Can order through school and available at school

- ✓ Revise for Advanced PE for OCR As/A2 (Heinemann)
- ✓ Steps to Success Activity Series (Hal Wissel) - in practical activities you have chosen as coursework (limited number available in LRC)
- ✓ Advanced Physical Education and Sport (John Honeybourne, Micheal Hill, Helen Moors) ISBN 07487 23862
- ✓ Physical Education and the Study of Sport. (Bob Davis, Ross Bull, Jan Roscoe, Dennis Roscoe). ISBN 07234 31752

Highly recommended

It is strongly advised that you **select the 2 activities** you will pursue for your practical coursework and join a local club to start **training now/developing coaching and umpiring skills**. Helping in school at extra-curricular practices/fixtures and internal competitions will also prepare you for your coursework. Refer to

the activity families overleaf to make sure no 2 are in the same family.

Those wishing to pursue mountain walking should already be involved in the Duke of Edingborough scheme.

Some funding will be available and opportunities provided to apply for coaching and umpiring qualifications (some cost incurred by the student and attendance/transport sole responsibility of student).

For any additional information contact: Mrs.L.Oldfield (Head of Performance)