

22<sup>nd</sup> October 2020

Dear Parent/Guardian

**Re: Year 12: A Level Physical Education - OCR**

The Physical Education Department would like to welcome your daughter/son on to the A-Level Physical Education course and hope that they find the next two years both interesting and enjoyable.

To support their study of A-level Physical Education, students will need a copy of the textbook OCR A-Level PE by John Honeybourne & Sarah Powell, ISBN No 978-147-1-85173-5. This essential textbook will help them to improve their understanding, develop subject knowledge and enable them to complete assignments. This textbook needs to be brought to each lesson. There is also another textbook that we recommend later on in Year 12 but we can inform your daughter/son nearer the time.

The course is split into the four sections outlined below, where they will sit three exams, perform in one sport and carry out a piece of coursework (EAPI). Please see the link on the next page for further information.

Content Overview	Assessment Overview	
<ul style="list-style-type: none"> <li>Applied anatomy and physiology</li> <li>Exercise physiology</li> <li>Biomechanics</li> </ul>	<p><b>Physiological factors affecting performance</b> (01)*</p> <p>90 marks</p> <p>2 hour written paper</p>	<p><b>30%</b> of total A level</p>
<ul style="list-style-type: none"> <li>Skill acquisition</li> <li>Sports psychology</li> </ul>	<p><b>Psychological factors affecting performance</b> (02)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> Of total A level</p>
<ul style="list-style-type: none"> <li>Sport and society</li> <li>Contemporary issues in physical activity and sport</li> </ul>	<p><b>Socio-cultural issues in physical activity and sport</b> (03)*</p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> of total A level</p>
<ul style="list-style-type: none"> <li>Performance or Coaching</li> <li>Evaluation and Analysis of Performance for Improvement (EAPI)</li> </ul>	<p><b>Performance in physical education</b> (04)*</p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p><b>30%</b> of total A level</p>

OCR A Level Physical Education specification: <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

OCR A Level Physical Education practical criteria (guide to non-exam assessment NEA):  
<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

Working outside the classroom is extremely important and home learning will be set after most lessons. If home learning is not set, we expect the students to read up on their notes or work on their revision resources.

We suggest your daughter/son prints off the relevant criteria for their sport so they can become familiar with it and practice the core skills needed ready for their examination.

We also suggest that students start collecting footage of their sports as soon as possible to ensure that they have high quality evidence of performance as this is passed on to the moderators to assess. We will need footage isolating the skills found in the practical criteria and footage from competitive situations. It will be good for the students to have a plethora of videos that they can choose from to put towards their final evidence. As a department, we will be able to give further guidance on this to your daughter/son.

If you have any questions, please do not hesitate to contact me.

Yours sincerely



Mrs G Ebdon  
Acting Head of Physical Education