



### What exam board and specification do we follow?

OCR A- Level Physical Education 2016 Onwards (H555). You can find the specification and the NEA guidance by following the link below:

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h155-h555-from-2016/>

### What topic areas will I be covering in the course?

#### Year 12:

- Applied Anatomy and Physiology
- Skill Acquisition
- Sport and Society
- Performance in Physical Education

#### Year 13:

- Exercise Physiology and Biomechanics
- Sports Psychology
- Contemporary Issues in PA and Sport
- Performance in Physical Education

### How am I assessed:

	Component name	Content	Mks	Exam	% of A level
01	Physiological factors affecting performance	1.1 Applied A&P 1.2 Ex Physiology 1.3 Biomechanics	90	2 hr	30%
02	Psychological factors affecting performance	2.1 Skill acquisition 2.2 Sports Psychology	60	1 hr	20%
03	Socio-cultural issues in physical activity and sport	3.1 Sport & society 3.2 Contemporary issues in PA & sport	60	1 hr	20%
04	Performance in Physical Education	4.1 Performance <b>OR</b> coaching 4.2 (EAPI)	60	<b>NEA</b>	30%

What

### Additional resources are available to me:

There is a trust Moodle that each student has access to which has a range of support videos to access. You can also purchase the A-Level revision guide to support independent study.

### What can parents do to support?

One of the largest areas where students need additional support is with their NEA practical evidence submission. Parents can support this by helping with the footage collection and submission onto OneDrive. The most successful students regularly collect video footage of their performances and collate their best bits into the final evidence package.

