

A Level PE | Physical Education

Course Leader | Mrs Louise Bugler

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Course Qualification Awarding Body & Website Link | [A Level OCR H555 \(from 2016\)](#)

TIMELINE

Coursework Deadline : Fri 10th Feb
 Mock Exam Date Paper 1 : 8th March
 Mock Exam Date Paper 2 : 22nd Feb
 Mock Exam Date Paper 3 : 23rd Feb

FINAL EXAMS
 Paper 1 Physiological : Wed 24th May
 Paper 2 Psychological : Thurs 8th June
 Paper 3 Socio-cultural : Tues 20th June

OVERVIEW

This two year course will give students the opportunity 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.

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.

ASSESSMENT

Content Overview	Assessment Overview
<p>H555/01 Physiological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none"> 1.1 Applied anatomy and physiology 1.2 Exercise physiology 1.3 Biomechanics 	<p>Written paper: 2 hours 30% of total A Level 90 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/02 Psychological factors affecting performance</p> <p>This component will assess:</p> <ul style="list-style-type: none"> 2.1 Skill acquisition 2.2 Sports psychology 	<p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/03 Socio-cultural issues in physical activity and sport</p> <p>This component will assess:</p> <ul style="list-style-type: none"> 3.1 Sport and society 3.2 Contemporary issues in physical activity and sport 	<p>Written paper: 1 hour 20% of total A Level 60 marks</p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p>H555/05 Practical Performances</p> <p>This component will assess either:</p> <ul style="list-style-type: none"> core and advanced skills in performing one activity <p>or</p> <ul style="list-style-type: none"> core and advanced skills in coaching one activity. 	<p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.</p>
<p>H555/06 Evaluating and Analysing Performance for Improvement</p> <p>This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.</p>	<p>Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks</p> <p>This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.</p>

LESSONS

Theory Exams | 6 lessons a fortnight. Exams are **70%** of the qualification at the end of Y13. Lessons are designed to be interactive and engaging with 'active learning' used for a number of topic areas.

COMPONENT 1 | H555/01 Physiological factors affecting performance (2hr paper)

COMPONENT 2 | H555/02 Psychological factors affecting performance (1hr paper)

COMPONENT 3 | H555/03 Socio-cultural issues in physical activity and sport (1hr paper)

Practical | One lesson a fortnight. Practical performance is worth **15%** of the qualification and is based around being assessed in one activity from the approved list.

H555/05 Practical Performances

Coursework | The coursework is worth **15%** of the qualification. Students complete an analysing and evaluating performance task (*EAPI*) linked to a sport of their choice.

H555/06 Evaluating and Analysing Performance for Improvement

Past papers. Testing yourself with past papers is one of the best ways to revise. Link here for [past paper finder](#), you can also look at mark schemes and examiners' reports. Copies uploaded to *Google Classroom page* and hard copies issued to individuals.

Make a revision plan. Keep the sessions in your revision plan to a maximum of 30 minutes each and vary the topics - don't keep repeating the ones you already know. Limit yourself to seven hours max of revision a day.

Know yourself. Put together revision activities that work for you | flash cards, mind maps, revision apps, or watching videos.

Look after yourself. Eat well, get enough sleep, take regular breaks and get some exercise whenever you can. Breathing exercises and meditation can help you to stay calm and focus.

Revision zone. A quiet, uncluttered area is the ideal place to revise, but mix it up by trying different places, such as a library, kitchen table or the park.

Get help. Get parents or other family members to test you on what you have learnt. Contact subject teachers.

REVISION

Revision | Endorsed Textbooks

OCR A Level PE Book 2

by John Honeybourne and Sarah Powell | 26 Aug 2016

ISBN: **9781471851742**

Publisher: Hodder Education

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Revision | Websites

The Everlearner Website

<https://theeverlearner.com/>

