

Physical Education



Questions you will need to consider?

Is the monetary cost of holding the Olympics worth it? How much influence does the mind really have over the body?

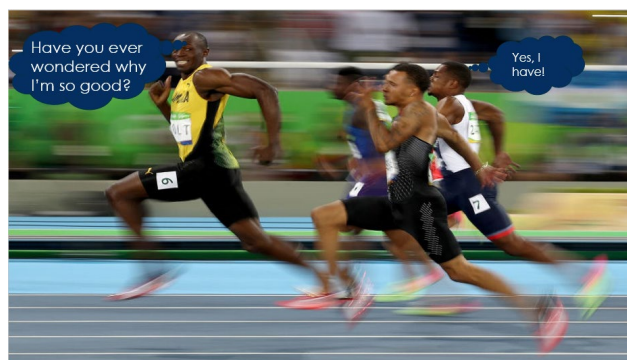
If performance-enhancing drugs were legal, what would the sporting world look like?

Why do we 'hit the wall' during exercise?

Why train SMART? Why some people can run faster than others can?

How does your personality affect your performance?

How you could become an elite sports performer? How technology can help you?



Where can I find the answers?

Books	Journals	TV	Websites
Sports Science: A Complete Introduction: Teach Yourself.	Journal of Human Sport and Exercise.	Sky Sports.	www.mypeexa.com www.sportengland.org www.brianmac.co.uk
Sport and Exercise Science: An Introduction.	Journal of sport Science and medicine.	Live sport – watch local, national and global events on TV.	NGB websites o e.g. www.thefa.com
Sport Psychology: A Complete Introduction.	Journal of sport and Health Science.	Netflix/Amazon Prime documentaries.	www.rfu.com https://www.uksport.gov.uk/ http://www.alevelpe.com/

Assessed Components	What will I study?	How can I prepare for myself to study this component?
Physiological factors affecting performance (01) 90 marks 2 hour - written paper 30% of total A level	Applied anatomy and physiology Exercise physiology Biomechanics	See: https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ https://www.youtube.com/user/AlevelPELearning https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/textbooks/
Psychological factors affecting performance (02) 60 marks - 1 hour written paper 20% of total A level	Skill acquisition Sports psychology	See: https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ https://www.youtube.com/user/AlevelPELearning https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/textbooks/
Socio-cultural issues in physical activity and sport (03) 60 marks - 1 hour written paper 20% of total A level	Sport and society Contemporary issues in physical activity and sport	See: https://www.youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ https://www.youtube.com/user/AlevelPELearning https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/textbooks/
Performance in physical education (04) 60 marks - Non-exam assessment (NEA)	Learners choose to be assessed in the role of either performer or Coach . Learners complete logs of competitive participation in their activities/sports to show their frequency and level of participation. All activities are filmed.	See task above: As part of this component, learners will produce a verbal response to a performance which they have observed. Learners will be able to articulate how they would implement an action/development plan that will enable the performer to improve a particular skill. Watch: http://scenariolearning4pe.xyz/EAPI/story.html



Your task:

In preparation for Y12, you are expected to prepare a presentation that you will deliver to Mr Wade. The task will require you to:

1. Watch a live performance of a performer in your Sport
2. Reflect and comment on the quality and range of skills being performed (minimum of three strengths and three weaknesses).
3. Appropriateness and application of strategies and tactics/compositional ideas (minimum of three strengths and three weaknesses).
4. The use of physical attributes during performance (minimum of three strengths and three weaknesses related to components of fitness)
5. The overall effectiveness and success of the performance and identification of **one major weakness**.

