

St Bede's Catholic College

Year 11 into 12
Transition Work

Physical Education



Exam board: OCR

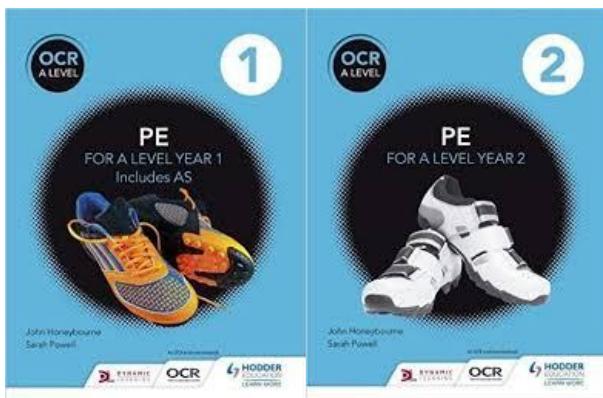
Course length: Two years

Specification: <https://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

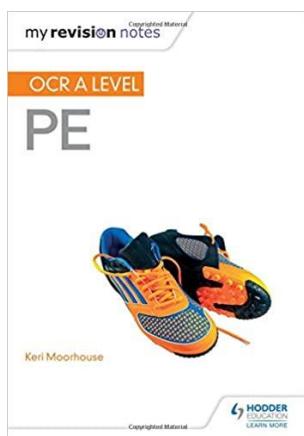
Exam structure:

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

Useful textbooks:



(You will have a copy of these whilst studying the course)



Optional additional extra if you find books like this useful - on amazon you can 'look inside' to see what you think. (<https://www.amazon.co.uk/My-Revision-Notes-OCR-Level/dp/1510405216>)

Useful websites:

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

<https://www.brianmac.co.uk/>

<https://sites.google.com/view/mrwrukpe/a-level-pe/a-level-pe-revision>

<https://www.bbc.co.uk/sport>

Sample/past papers: <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/assessment/>

Transition work:

Skeleton & Muscles

1. Have an understanding of the types of joints and examples within the body.
2. Classification of joints – fibrous (fixed), cartilaginous (slightly moveable), synovial (freely moveable).
3. Name all the major joints, what movements do they allow? (e.g. flexion or extension) and a sporting example for each.
4. Know the three different types of muscle and examples of where they are and use within sport.
5. Label the following muscles on a skeleton
Deltoids, biceps, triceps, wrist flexors, wrist extensors, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus.
6. Know what the antagonistic pairs are and movement produced give at least three examples.
7. Investigate the different types of muscle contraction and give examples of each.

Extension: Identify a skill from a sport you play (e.g. a pass in football) and establish the joint(s) movement is happening at, the type of joint, the movement happening, the muscles responsible and the type of muscle contraction. If you can do this for skills using different parts of the body.

Skill Acquisition

Produce a PowerPoint presentation with the title Classification of Skills.

Slide 1 should be a definition of what a skill is.

The remaining slides should cover the most commonly used classification continuum;

- Muscular involvement (gross - fine)
- Environmental influences (open - closed)
- Continuity (discrete - serial - continuous)
- Pacing (self-paced - externally paced)
- Difficulty (simple - complex)

-Organisation (low - high)

For each classification, give an example from each end of the continuum and include pictures to help trigger the recall of the examples in the future.

<http://www.brianmac.co.uk/continuum.htm> - might help you although there are lots of others available.

Extension: Revisit each continuum and classify a skill from your sport (e.g. shooting in hockey), justifying and explaining its placement.

Biomechanics

1. Research Newton's three laws and see if you can apply these to a sporting example such as a penalty in football
2. Find the three different types of lever, draw a simple diagram of each and give a sporting example.

Extension: Explain what the difference is between mechanical advantage and mechanical disadvantage within lever systems.

Practical

1. Identify one sport in which you perform at the best level. Continue practicing it and thinking about the skills that are involved and how they could be improved.
2. Write a paragraph explaining your sporting interests, favoured sport and sporting success to date.
3. **Using the framework below please provide a brief analysis paragraph on a sports person of your choice.**
 - My sporting hero fact file Physical attributes that make them successful e.g. size, their fitness levels, strength, flexibility...
 - List 5 skills required for success in your heroes sport
 - What are *their* major strengths when performing that make them your hero?
 - What are *their* major areas for development e.g. their weaknesses?
 - What are your major strengths in performance?
 - What are your major weaknesses?

Other things you could do:

- Read or watch Tom Brown's Schooldays

- Watch the film Friday Night Lights
- Watch The English Game (on Netflix)
- Research the Olympic Games in 1936, 1968, 1972, 1980 and 1984. What happened at each of these that made them even more historic occasions?

Miss Chennells is Head of PE. Please email her on c.chennells@stbcc.org with any queries.