**OCR A LEVEL (H555)**

**PHYSICAL EDUCATION**

**Bridging Unit 2020**

Contacts:

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**Introduction**

This series of tasks and activities are designed to give you an insight into OCR A-Level Physical Education. As part of the transition from year 11 AQA GCSE PE to OCR A-Level PE it is important to develop a greater understanding of certain aspects of the course which will help you over the next two years. Please complete the following booklet.

|  |  |
| --- | --- |
| **Name** |  |
| **School**  |  |
| **Sport** |  |
| **Team & League**  |  |
| **Training Days & Times** |  |

Throughout the next two years of study you will be encouraged to enhance your involvement in sport and develop yourself as a performer or coach. It is therefore a prerequisite of the course that you are currently involved in competitive sport or have been and intend to return to competition in the near future. Even if you are injured you can keep a record of your treatment and rehabilitation which is an inevitable occurrence in a performer’s development.

Over the two years you will study the following units of work;

**Component 01: Physiological factors affecting performance (90 marks – 2 hour exam paper)**

1.1 Applied anatomy and physiology

1.2 Exercise physiology

1.3 Biomechanics.

**Component 02: Psychological factors affecting performance (60 marks – 1 hour exam paper)**

2.1 Skill acquisition

2.2 Sports psychology.

**Component 03: Socio-cultural issues in physical activity and sport (60 marks – 1 hour exam paper)**

3.1 Sport and Society

3.2 Contemporary issues in physical activity and sport

**Component 04: Performance in physical education (NEA)**

4.1 Performance or coaching of an activity taken from the approved lists\*.

**OCR A LEVEL PE**

**At a Glance**

**Aims and learning outcomes**

OCR’s A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

This requires them to:

• develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance

• understand how physiological and psychological states affect performance

• understand the key socio-cultural factors that influence people’s involvement in physical activity and sport

• understand the role of technology in physical activity and sport

• refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas

• develop their ability to analyse and evaluate to improve performance

• understand the contribution which physical activity makes to health and fitness

• improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.

For the full specification please visit <http://www.ocr.org.uk/Images/234833-specificationaccredited-a-level-gce-physical-education-h555.pdf>





**APPLIED ANATOMY & PHYSIOLOGY – Mrs Weller**

Please complete definitions for the following key terms:





**BIOMECHANICS – Mrs Weller**



**SKILL ACQUSITION – Mr Kyle**



**Task**

Select a skill from the sport you intend to be assessed in and produce a written statement about that skill and how it links to the various classifications listed above.

**SPORT PSYCHOLOGY – Mr Kyle**

**Tasks**

1) Research and find out information about the following leadership styles;

- autrocratic

- democratic

- laissez faire

**SPORT & SOCIETY – Miss Munns**



**Task**

Describe the positive and negative impacts on the host country/city of hosting a global sporting event (such as the Olympic Games or FIFA World Cup)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
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**LISTEN, WATCH, READ, STUDY**

Highlight the tasks as you complete them

**READING LIST**





**FACULTY EXPECTATIONS**

There are some expectations that we set for all students who are studying A-level Physical Education.

Students must bring their books, pens, pencils and a folder for their lessons, the folder for the coursework component will be required.

It is expected that students attend all lessons promptly and in the correct uniform. If a student misses a lesson it is expected that they will speak to the member of staff who taught the lesson and catch up with the work.

Mobile phones are not to be used in lessons and must be switched off

Students will be provided with homework and coursework to be completed at home or in study time at school. It is expected that all students will hand their work in for marking promptly and to the best of their ability.

The workload is considerable and approximately six hours per week should be completed at home as independent research/study.

***We hope you manage to stay safe and remain active over the lockdown period and the summer holidays. We look forward to welcoming you in September 2020.***

***Mr Kyle***