



GET READY TO STUDY A LEVEL PHYSICAL EDUCATION

If you are planning to study A Level Physical Education with us in September, please review this document and complete the required activities. Please bring the completed activities with you at induction.

What specification will I study?

You will be studying the OCR Physical Education specification – you can find the specification [OCR A Level Physical Education Specification H555 - Version 1.4 January 2023](#).

Year 12 will focus on Anatomy and Physiology, Skill Acquisition and Sport and Society, giving you a grounding in how athletes and sport develop.

Year 13 will focus on Exercise Physiology and Biomechanics, Sports Psychology and Contemporary Issues.

How many lessons will I have a week?

You'll have 3 lessons each week and one support session.

Who can I contact if I have a question about this subject?

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What subjects go well with Physical Education?

Biology, Health and Social care and Psychology both have overlapping elements which help to support understanding of Anatomy, Physiology and Sports Psychology units.

What grades should I have?

In addition to the general sixth form entry requirements, it is highly recommended that learners achieve a grade 6 in GCSE Biology and GCSE Physical Education. Additionally, because of the high percentage of grade that comes from practical assessment, it is required that you are taking part and competing in competitive sport from one of the sports in the list below. Students must gather footage throughout their two years of study, ensuring that they begin gathering in the summer term before the September college start.

Activity	Restrictions and allowances	Page
Acrobatic gymnastics		36
Amateur boxing		38
Association football	Cannot be five-a-side	39
Athletics		41
Badminton		43
Basketball		44
Blind cricket		45
BMX	Racing only (not trick)	46
Boccia		47
Camogie		48
Canoeing		49
Cricket		50
Cross country running		51
Cycling	Track or road cycling only	52
Dance		53
Diving	Platform diving	55
Equestrian		57
Figure skating		59
Futsal		61
Gaelic football		63
Goalball		65
Golf		66
Gymnastics	Floor routines and apparatus only.	68
Handball		70
Hockey	Must be field hockey	71
Hurling		73
Ice hockey		74
Inline roller hockey		76
Kayaking		78
Lacrosse		79

Activity	Restrictions and allowances	Page
Netball		81
Polybat		82
Powerchair football		83
Rock climbing	Can be indoor or outdoor	84
Rowing		85
Rugby league	Cannot be tag rugby	86
Rugby union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby	87
Sailing	Candidates must be assessed within full competitive situations as the helmsperson in one of the following Royal Yachting Association (RYA) sailing boat classifications: Individual - single hander • ILCA 6 (laser radial) • ICL A 7 (laser standard) Team - double hander • 29ER • 420 • Nacra 15	89
Sculling		91
Skiing	Must take place on snow, can be indoor or outdoor	92
Snowboarding	Must take place on snow, can be indoor or outdoor	93
Squash		94
Swimming	Not synchronised swimming, personal survival or lifesaving	95
Table cricket		96
Table tennis		97
Tennis		98
Trampolining		99
Triathlon	Sprint only	100
Volleyball		102
Water polo		103
Wheelchair basketball		105
Wheelchair rugby		106
Windsurfing	Candidates must be assessed within full competitive situations in one of the following Royal Yachting Association windsurfing classifications: • IQ Foil • RS:X 8.5	108

WHAT WILL I STUDY?

In Year 1, you will study the following topics:

Anatomy and Physiology

Skill Acquisition

Sport and Society

In Year 2, you will study the following topics:

Exercise Physiology and Biomechanics

Sports Psychology

Sport and Society and Technology

How will this be assessed?

Content	Component	Paper
Applied Anatomy and Physiology	Component 1	Paper 1 – Written paper. Total of 30% of A-Level. 2 hours. 60 marks.
Exercise Physiology		
Biomechanics		
Skill Acquisition	Component 2	Paper 2 – Written paper. Total of 20% of A-Level. 1 hour. 60 marks.
Sport Psychology		
Sport and Society	Component 3	Paper 3 – Written paper. Total of 20% of A-Levels. 1 hour. 60 marks.
Contemporary Issues in Physical Activity and Sport.		
Practical Performance	Component 4 and 5	Non-Exam Assessment (NEA). Your own performance in sport is considered.

WHAT WILL I NEED?

To study the course, you will need the following equipment:

- A folder with dividers
- Lined paper
- Pens and pencils
- Highlighters
- A calculator
- A ruler

Students also find it useful to have:

- Blank flashcards
- A whiteboard and whiteboard pens

FIND OUT MORE

These activities are to help broaden your understanding of the subject in preparation for studying this subject at an advanced level.

Careers	Exercise Physiology Osteopath Podiatrist Sports Development Officer Sports Biomechanist Sports Lecturer/ Teacher Outdoor and Adventure Activities Lead Sports Coach Sports Therapist/ Physiotherapist Sports Dietitian/ Nutritionist Sports Psychologist Strength and Conditioning Coach/ Personal Trainer Performance Analyst
Social Media	N/A
YouTube	There are some really useful videos for the course so we recommend subscribing to the following channels: The EverLearner James Morris
Further Reading / Useful websites	Keep up to date with the latest sporting news and events through: BBC Sport Sky Sports News The Guardian – Sports News

REQUIRED ACTIVITIES

It is important that all the required activities are completed in preparation for starting your course. Please bring these completed activities with you at induction.

Choosing your A Levels can be a challenge for some learners therefore if you are undecided around which subjects you are planning to study completing these activities will give yourself greater insight into the course to help ensure you have made the right choice.

Summer tasks – *you must complete the work below before starting college in September.*

Resources:

Summary Sheet	
Movement Analysis	• Joints and Movements • Joint action and muscles • Contraction types
Skill Classification	• Skill Classification
Pre 1850's	• Socio-cultural factors affecting sport in pre-1850's Britain

MOVEMENT ANALYSIS

SUMMARY SHEET

Knee:

Type of joint:

Articulating bones:

Plane of movement:

	Flexion	Extension
Agonist		
Contraction type		
Antagonist		
Contraction type		

Wrist:

Type of joint:

Articulating bones:

Plane of movement:

	Agonist	Contraction type	Antagonist	Contraction type
Flexion				
Extension				

Ankle:

Type of joint:

Articulating bones:

Plane of movement:

	Agonist	Contraction type	Antagonist	Contraction type
Dorsi-flexion				
Plantar-flexion				

Hip:

Type of joint:

Articulating bones:

Plane of motion:

	Agonist	Contraction type	Antagonist	Contraction type
Flexion				
Extension				
Abduction				
Adduction				
Horizontal Flexion				
Horizontal Extension				

Shoulder:

Type of joint:

Articulating bones:

Planes of motion:

	Agonist	Contraction type	Antagonist	Contraction type
Flexion				
Extension				
Abduction				
Adduction				
Horizontal flexion				
Horizontal extension				

Elbow:

Type of joint:

Articulating bones:

	Agonist	Contraction type	Antagonist	Contraction type
Flexion				
Extension				

You must identify, justify and AO2.

Classification of Skill



Pre 1850 / Pre Industrial Revolution

You must identify the AO1, AO2 and AO3's for each socio-cultural factor in pre 1850.

C L E G I T T