



URSULINE HIGH SCHOOL
& WIMBLEDON COLLEGE
SIXTH FORM

PHYSICAL EDUCATION

at Ursuline High School & Wimbledon College

LEVEL: A LEVEL

EXAMINATION BOARD: OCR

SPECIFICATION NUMBERS: H154(AS); H554(A2)

SEPTEMBER 2021

URSULINE HIGH SCHOOL
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**Deputy Headteacher and Assistant Headteacher Key Stage 5:
Mr Didier Adam & Mr Ben Barton**

WHAT WILL I STUDY IN THIS SUBJECT?

Year 1

G451: An Introduction to Physical Education

Sections include Anatomy and Physiology, Acquiring Movement Skills and Socio-Cultural Studies relating to participation in physical activity. Candidates appreciate the role of the cardiovascular system, understand the nature and development of motor skills and explore contemporary sporting issues.

G452: Acquiring, developing and evaluating practical skills in Physical Education
Candidates gain an appreciation of the nature of performance, its evaluation, and what can be done to improve it. They record their observations as part of their coursework.

Year 2

G453: Principles and concepts across different areas of Physical Education.

This Unit has two sections; Section A: Socio-Cultural options and Section B: Scientific options. Section A: Socio-Cultural options. Candidates study three of the five possible options, at least one option, must be from Section A.

G454: The Improvement of Effective Performance and the Critical Evaluation of Practical Activities in Physical Education

Learners will appreciate the key application of practical skills to achieve performance. They will also grasp the methodology surrounding the evaluation, appreciation and improvement of performance.

WHAT SKILLS AND INTERESTS DO I NEED FOR THIS SUBJECT?

You must have an interest in the science of sport.

You must be able to analyse your own performance with confidence.

Outside of school you should play 2 sports at club level for your practical assessment.

You must have the skills to complete wider reading on the subjects taught.

N.B the Physical Education course is shared between the Ursuline High School and Wimbledon College sites i.e. students take two of their lessons at Ursuline High School and four of their lessons at Wimbledon College.

HOW WILL I BE ASSESSED?

Unit	Mode	Assessment	Weighting	
			AS	A2
1(AS)	Written exam	2 hour written exam	60%	30%

2(AS)	Internal assessment with external moderation	Externally moderated practical assessment on 2 sports & an interview on Performance Analysis	40%	20%
3(A2)	Written exam	2 hour written exam		35%
4(A2)	Internal assessment with external moderation	Synoptic assessment & critical evaluation of performance		15%

COURSEWORK AS

G452 - Coursework will require students to evaluate performance and plan for improvements.

FIELDWORK/TRIPS

AS practical sessions to bring the theory to life.
 AS class trip to sporting centers for skill acquisition.
 AS/A2 conference day on course content.
 Attendance to professional sports fixtures
 Guest speaker on sport & training
 Links with Elite centers of Excellence - St Mary's University

WHAT OTHER SUBJECTS COMBINE WELL WITH THIS SUBJECT?

Subject title

Human Biology History Psychology

TO WHAT FURTHER OR HIGHER EDUCATION COURSES COULD THIS SUBJECT LEAD?

Physical Education Teaching.
 Sport in the Community
 Sports Psychology
 Sports Law
 Personal Training
 Leisure Sector Work
 Sports Rehab
 Sports Education
 Physiotherapy
 Coaching
 Sports Therapy

WHAT CAREERS COULD THIS SUBJECT LEAD TO?

Coaching or Teaching Physical Education
 See Above List for Employment possibilities.

RECOMMENDED READING:

Bastian G.F. An Illustrated Review of Anatomy and Physiology, Harper Collins 1994
Clegg. C. Exercise Physiology and Functional Anatomy, Feltham Press 1995

- * Davis R.J. et al. *Physical Education and the Study of Sport*, Mosby 1997
- * Davis R.J., Kimmet T. and Auty M. *Physical Education in Theory and Practice*, Macmillan 1986
- * Honeybourne J.W., Hill M. and Moors H. *Advanced Physical Education and Sport*, Stanley Thornes 1996
- * Kapit W. and Elson L.M. *The Anatomy Colouring Book*, Harper Collins 1993
- * Rowett H.G.Q. *Basic Anatomy and Physiology*, John Murray 1975
- * Seeley R.R., Stephens T.D. and Tate P. *Essentials of Anatomy and Physiology*, Mosby 1995
- Thompson C. *Manual of Structural Kinesiology*, Mosby 1989
- * Wesson K, Wiggins N, Thompson G & Hartigan S. *Sport and PE: A Complete Guide To Advanced Level Study*, Hodder & Stoughton 1998.
- Section B: Acquiring, Performing and Teaching Movement Skills
- *Beashel P. & Taylor J. *Advanced Studies in Physical Education and Sport*, Nelson 1996
- *Davis R.J., Bull C.R., Ruscoe J.V, and Ruscoe D.A.. *Physical Education and the Study of Sport*, Mosby 1997
- *Davis R.J., Kimmet T. and Auty M. *Physical Education in Theory and Practice*, Macmillan 1986
- *Honeybourne J.W., Hill M. and Moors H. *Advanced Physical Education and Sport*, Stanley Thornes 1996
- *Magill R.A. *Motor Learning Concepts and Applications*, Brown & Benchmark 1998
- Schmidt R.A. *Motor Learning and Performance*, Human Kinetics 1991
- * Sharp B. *Acquiring Skill in Sport*, Sports Dynamics 1992
- * Wesson K, Wiggins N, Thompson G & Hartigan S. *Sport and PE A Complete Guide To Advanced Level Study*, Hodder & Stoughton 1998.
- * Woods B. *Applying Psychology To Sport*. Hodder & Stoughton 1998.
- Cashmore E. *Making Sense of Sport*, Routledge 1997
- CCPR *The Palmer Report: Enquiry into Amateur Status*, CCPR 1988
- Coakley J.J. *Sport in Society: Issues and Controversies*, Mosby 1998
- * Coe S. et al. *More Than a Game*, BBC Books 1993
- * Davis R.J. et al. *Physical Education and the Study of Sport*, Mosby 1994
- * Honeybourne J.W., Hill M. and Moors H. *Advanced Physical Education and Sport*, Stanley Thornes 1996
- Mortlock C. *The Adventure Experience*, Cicerone 1984
- * *English Sports Council. England the Sporting Nation: A Strategy*, 1997
- **Sports Council. Why Physical Education*. 1994
- **Sports Council. Good Conservation Practice*. 1991
- * Davis R.J. et al. *Physical Education and the Study of Sport*, Mosby 1994
- * Dunning E. and Sheard K. *Barbarians, Gentlemen and Players*, Robinson 1979
- * Harris H.A. *Sport in Britain*, Routledge and Kegan Paul 1975
- * Holt R. *Sport and the British*, Clarendon Press 1992
- * Mason T. *Sport in Britain*, Faber & Faber 1988
- * Polley M. *Moving the Goal Posts*. Routledge. 1998
- * Roscoe J. et al. *Physical Education and Sport Studies*. Jan Roscoe Pub. 1998

USEFUL LINKS:

<http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/>

ENTRY CRITERIA

Please refer to the Entry Criteria Insert to understand the Pathway requirements.

The entry criteria for this subject is: Grade 6 in Physical Education AND 5 in Science AND regular participation in at least one sport.