



PHYSICAL EDUCATION (AS ONLY)

The course is planned to be delivered in two theory lessons per week over two years and is an AS qualification. The practical section of this course will be delivered during a further one hour per week in the enrichment PE lessons that all Year 12 students will undertake.

The course will build on concepts that have been taught in Biology and Science at GCSE, but will allow students to develop wider skills and understanding relating more specifically to:

- Anatomy and physiology (links to Biology)
- Biomechanics (links to Physics)
- Sports Psychology (Links to Psychology)
- Analysis of practical performance (PE)

The practical assessment does count towards 30% of the AS qualification. Therefore, it is helpful if students are undertaking a sport outside of school. This course can be taken in addition to the 3 full A-Levels that students will be completing and will help to support applications for university in a range of subject areas, including: Physiotherapy, Teaching, Sport and Exercise Science, Sports Therapy.

There are three assessment components: 2 exams of 1hr15 minutes duration (each) count for 35% each of the final grade. The NEA (internally assessed, externally moderated coursework) accounts for 30%.

The decision about which units will be delivered in Years 12 and 13 will be made when staffing has been confirmed. One lesson each week is likely to be taught in the Science Department; this is unit 01, unit 02 is taught in the PE Department and unit 03 is the practical element, again delivered by the PE team. See the table below for more information:

Type	Title
01	Physical factors affecting performance There are three topics: <ul style="list-style-type: none"> • Applied anatomy and physiology • Exercise physiology • Biomechanics, including technology in sport
02	Psychological and socio-cultural themes in physical education There are three topics: Skill acquisition, Sports psychology, Sport and society
03	Performance in physical education Assessment in role of either performer or coach in one practical activity Evaluation and Analysis of Performance for Improvement (EAPI)



Course: OCR H155

Contact:

Miss H Clarke

Course:

70% Examination,
30% Non-Exam Assmt

Entry: Grade 5 in

Science & keen on PE



ENRICHMENT & PSHE

All Year 12 students take part in the enrichment programme, which is designed to support them as they mature into adulthood. The topics covered include:

Study skills

How to excel as an independent learner

Health & well-being

How to stay safe at festivals & looking after your own finances

The Wider World

Political awareness & jury service

Relationships

Settling in a new environment & managing the ending of relationships safely and respectfully.



In order to support the physical and mental well-being of students, they also engage in 1 hour of sport per week. A variety of options are available throughout the year in order to ensure students make the most of this opportunity.