Physical Education OCR A Level 2022 – 2023 Year 12

₹	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2	
Year 12 Intent	 <u>Physiological factors affecting</u> <u>performance</u> <u>Applied anatomy and physiology</u> <u>Skeletal and muscular systems</u> Joints, movement and muscles Functional roles of muscles and types of contractions 	Physiological factors affecting performance Applied anatomy and physiology Skeletal and muscular systems • Analysis of movement • Skeletal muscle contraction	Physiological factors affecting performance Applied anatomy and physiology Cardiovascular and respiratory system • Cardiovascular system at rest • Cardiovascular system during exercise of differing intensities and during recovery	 Physiological factors affecting performance Applied anatomy and physiology Cardiovascular and respiratory system Respiratory system at rest Respiratory system during exercise and differing intensities and during recovery. 	Physiological factors affecting performance Applied anatomy and physiology Cardiovascular and respiratory system • Energy for exercise	Physiological factors affecting performance Applied anatomy and physiology Cardiovascular and respiratory system • Energy for exercise	
assessments	Psychological factors affecting performance Skill Acquisition • Classification of skills • Types and methods of practice • Transfer of skills	 Psychological factors affecting performance Skill Acquisition Principles and theories of learning movement skills 	Psychological factors affecting performance <u>Skill Acquisition</u> • Guidance • Feedback	Psychological factors affecting performance Sports psychology Individual differences Group and team dynamics in sport Goal setting in sports performance	Performance in physical education Evaluation and analysis of performance for improvement (EAPI)	Performance in physical education Evaluation and analysis of performance for improvement (EAPI)	
	 Assessment Baseline Component 1: Skeletal and muscular systems Part 1 Component 2: Classification of skill Component 2:Types and methods pf practice / transfer of skills 	 <u>Assessment Coursework</u> <u>Component 1</u>: Skeletal and muscular system part 2 <u>Component 2</u>: Principles and theories of learning 	Assessment Coursework Component 1: Cardiovascular system Component 2: Guidance/ feedback	Assessment Component 1: Respiratory system Component 2: individual differences	Assessment Component 1: Cardiovascular and respiratory system part 1	Assessment Component 1: Cardiovascular and respiratory system part 2	
	Skills Physiology: Students gain a deeper understanding of key systems in the body to include the skeletal, muscular systems. Psychology: Students study how skill acquisition affects the performance of skills. Analysing and evaluating practice methods across different classifications of skill and stages of learning	SkillsPhysiology: Students gain a deeper understanding of biomechanics and apply these theories to sporting examples. They study the effects of force and motion on the body and how they can be used to our advantage. They develop a deeper understanding of key systems in the body to include the skeletal, muscular systemsPsychology: Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person.	Skills Physiology: Students gain a deeper understanding of key systems in the body to include the cardiovascular system. Psychology:, how different methods of guidance and feedback work and why their effectiveness differs from person to person.	Skills Physiology: Students gain a deeper understanding of key systems in the body to include the respiratory system. Psychology: They also explore the psychological factors that affect group dynamics and the effects of leadership and stress on performance	Skills Physiology: Students gain a deeper understanding of energy systems in the body and analyse when each is used in different sports. The recovery process is analysed in detail and linked to environmental factors. Practical Oral: Students apply what they have learnt in year 12 to an analysis of performance. Suggesting ways to improve for an unseen performance and linking theory to practice	Skills Physiology: Students gain a deeper understanding of energy systems in the body and analyse when each is used in different sports. The recovery process is analysed in detail and linked to environmental factors. Practical Oral: Students apply what they have learnt in year 12 to an analysis of performance. Suggesting ways to improve for an unseen performance and linking theory to practice	
	<u>Knowledge</u>	Knowledge	Knowledge	Knowledge	Knowledge	Knowledge	

Physical Education OCR A Level 2022 – 2023 Year 13

Physical Education OCR A Level 2022 – 2023 Year 13							
	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2	
Year 13 Intent	 Physiological factors affecting performance Applied anatomy and physiology Exercise Physiology Diet and nutrition and their effect on physical activity and performance 	 Physiological factors affecting performance Applied anatomy and physiology Exercise Physiology Preparation and training methods in relation to improving and maintaining physical activity and performance 	 <u>Physiological factors affecting</u> <u>performance</u> <u>Applied anatomy and physiology</u> <u>Exercise Physiology</u> Injury prevention and the rehabilitation of injury 	 <u>Physiological factors affecting</u> <u>performance</u> <u>Applied anatomy and physiology</u> <u>Cardiovascular and respiratory system</u> Respiratory system at rest Respiratory system during exercise and differing intensities and during recovery. 	 <u>Physiological factors affecting</u> <u>performance</u> <u>Applied anatomy and physiology</u> <u>Cardiovascular and respiratory system</u> Energy for exercise 		
assessments	 Psychological factors affecting performance Memory Models Attribution Confidence and self-efficiency in sports performance Leadership in sport Stress management to optimise performance 	 <u>Socio- cultural issues in physical activity and</u> <u>sport:</u> <u>Sport and society:</u> Emergence and evolution of modern sport How social and cultural factors shaped the characteristics of, and participation in, sports and pastimes in pre-industrial Britain: How social and cultural factors shaped the characteristics of, and participation in, sport in post 1850 industrial Britain: 	 <u>Socio- cultural issues in physical activity</u> <u>and sport:</u> <u>Sport and society:</u> Emergence and evolution of modern sport How social factors shaped the characteristics of, and participation in, sport in 20th century Britain: How contemporary factors are shaping the characteristics of, and participation in, sport in the 21st century: 	 <u>Socio- cultural issues in physical</u> <u>activity and sport:</u> <u>Sport and society:</u> Global sporting events The modern Olympic Games background and aims (1896) Hosting global sporting event positive and negative impacts 	 Socio- cultural issues in physical activity and sport: Sport and society: Ethics and deviance in sport Commercialisation and media Routes to sporting excellence in the UK Modern technology in sport 		
	 Assessment Component 1: Diet and nutrition Component 2: Memory models Component 2: Leadership / stress management 	 <u>Assessment</u> Component 1: Aerobic training Component 3: Pre industrial Britain 	 <u>Assessment</u> <u>Component 1</u>: Injury prevention and rehabilitation <u>Component 3</u>: 20th/ 21st Century 	 Assessment Component 1: Respiratory System Component 3: Olympic games/ hosting events 	 <u>Assessment</u> <u>Component 1:</u> Energy for exercise part 2 <u>Component 3:</u> Ethics/ deviance/ commercialisation <u>Component 3:</u> Sporting excellence / modern technology 		
	 Skills Physiology: Students gain a deeper understanding of The key body systems are linked to Diet and nutrition. Psychology: Students learn how the top coaches attribute success and failure to maintain motivation or as a kick to improve. The effect of sports confidence is analysed , with stress management techniques linked to ways to improve performance 	 <u>Skills</u> Physiology: Students develop knowledge of different types of training methods for different sporting events. Socio-cultural issues: This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. An introduction to the emergence of sport and the influence of public schools sets the scene for socio-cultural studies. 	Skills Physiology: Students gain a deeper understanding of injury prevention and how to rehabilitate the athlete. Socio-cultural issues: Students now analyse how sport emerged into the 20th and 21st century, linking the globalisation of sport and how it affects every day lives	Skills Physiology: Students gain a deeper understanding of key systems in the body to include the respiratory system. Socio-cultural issues: Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport.	SkillsPhysiology: Students gain a deeper understanding of energy systems in the body and analyse when each is used in different sports.Socio-cultural issues: Sportsmanship, ethics and deviance is analysed first. Why do players cheat and how do they do it? This links directly to commercialisation and media influence on performers, which is studied next with clear links made between topics. Modern technology's influence on sport is analysed in detail and the routes to sporting excellence in the UK studied, with case studies and examples a key part of this section of the course		
	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>		

The Physical Education A Level PE Course

Component 1: Physical factors affecting performance (30%)	Component 2: Psychological factors affecting performance (20%)	Component 3; Socio- cultural issues in physical activity and sport (20%)	Component 4: Performance in physical education (30%)
Students gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They also study the effects of force and motion on the body and how they can be used to our advantage. There are three topics: Applied anatomy and physiology Exercise physiology Biomechanics.	Students study the models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. They also explore the psychological factors that affect group dynamics and the effects of leadership and stress. There are two topics: Skill acquisition Sports psychology.	This component focuses on the social and cultural factors that have shaped sports over time, and their influences on physical activity. Students consider the impact of hosting a global sporting event such as the Olympic Games, and the influence of modern technology on both the performer and the spectator of contemporary sport. There are two topics: Sport and society Contemporary issues in physical activity and sport.	Students are assessed in the role of either performer or coach in one practical activity. They are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. Students are also assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance.