

Physical Education OCR A Level 2022 – 2023 Year 13



	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 13 Intent	<p><u>Physiological factors affecting performance</u> <u>Applied anatomy and physiology</u> <u>Exercise Physiology</u></p> <ul style="list-style-type: none"> Diet and nutrition and their effect on physical activity and performance 	<p><u>Physiological factors affecting performance</u> <u>Applied anatomy and physiology</u> <u>Exercise Physiology</u></p> <ul style="list-style-type: none"> Preparation and training methods in relation to improving and maintaining physical activity and performance 	<p><u>Physiological factors affecting performance</u> <u>Applied anatomy and physiology</u> <u>Exercise Physiology</u></p> <ul style="list-style-type: none"> Injury prevention and the rehabilitation of injury 	<p><u>Physiological factors affecting performance</u> <u>Applied anatomy and physiology</u> <u>Cardiovascular and respiratory system</u></p> <ul style="list-style-type: none"> Respiratory system at rest Respiratory system during exercise and differing intensities and during recovery. 	<p><u>Physiological factors affecting performance</u> <u>Applied anatomy and physiology</u> <u>Cardiovascular and respiratory system</u></p> <ul style="list-style-type: none"> Energy for exercise 	
assessments	<p><u>Psychological factors affecting performance</u></p> <ul style="list-style-type: none"> Memory Models Attribution Confidence and self-efficiency in sports performance Leadership in sport Stress management to optimise performance 	<p><u>Socio- cultural issues in physical activity and sport:</u> <u>Sport and society:</u></p> <ul style="list-style-type: none"> 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: 	<p><u>Socio- cultural issues in physical activity and sport:</u> <u>Sport and society:</u></p> <ul style="list-style-type: none"> 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: 	<p><u>Socio- cultural issues in physical activity and sport:</u> <u>Sport and society:</u></p> <ul style="list-style-type: none"> Global sporting events The modern Olympic Games background and aims (1896) Hosting global sporting event positive and negative impacts 	<p><u>Socio- cultural issues in physical activity and sport:</u> <u>Sport and society:</u></p> <ul style="list-style-type: none"> Ethics and deviance in sport Commercialisation and media Routes to sporting excellence in the UK Modern technology in sport 	
	<p><u>Assessment</u></p> <ul style="list-style-type: none"> Component 1: Diet and nutrition Component 2: Memory models Component 2: Leadership / stress management 	<p><u>Assessment</u></p> <ul style="list-style-type: none"> Component 1: Aerobic training Component 3: Pre industrial Britain 	<p><u>Assessment</u></p> <ul style="list-style-type: none"> Component 1: Injury prevention and rehabilitation Component 3: 20th/ 21st Century 	<p><u>Assessment</u></p> <ul style="list-style-type: none"> Component 1: Respiratory System Component 3: Olympic games/ hosting events 	<p><u>Assessment</u></p> <ul style="list-style-type: none"> Component 1: Energy for exercise part 2 Component 3: Ethics/ deviance/ commercialisation Component 3: Sporting excellence / modern technology 	
	<p><u>Skills</u> 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</p>	<p><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.</p>	<p><u>Skills</u> 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</p>	<p><u>Skills</u> 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.</p>	<p><u>Skills</u> Physiology: 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</p>	
	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	<u>Knowledge</u>	

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%)
<p>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.</p> <p>There are three topics: Applied anatomy and physiology Exercise physiology Biomechanics.</p>	<p>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.</p> <p>There are two topics: Skill acquisition Sports psychology.</p>	<p>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.</p> <p>There are two topics: Sport and society Contemporary issues in physical activity and sport.</p>	<p>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.</p> <p>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.</p>