

PE

Year 12

<p>Topics Studied:</p> <p>Anatomy and Physiology</p> <ul style="list-style-type: none"> • The skeletal and muscular systems • Motion and movement • The cardiovascular and respiratory systems in relation to the performance of physical activity <p>Acquiring Movement Skills</p> <ul style="list-style-type: none"> • Classification of motor skills and abilities • The development of motor skills <p>Information processing</p> <ul style="list-style-type: none"> • Motor control of skills in physical activity • Learning skills in physical activity 	<p>Socio-Cultural Studies relating to participation in physical activity</p> <ul style="list-style-type: none"> • Physical activity • Sport and culture • Contemporary sporting issues
<p>Exam board: OCR</p>	
<p>Assessment structure:</p> <p>60% theory 40% practical – 2 sports & evaluation of live performance</p>	
<p>Subject specific websites to support revision and independent learning:</p> <p>Youtube clips are always of benefit to develop understanding. PE4learning.com.</p>	
<p>Recommended subject guides:</p> <p>PE review articles Hodder Education OCR PE AS – Heinemann ISBN978-0-435466-77-0 OCR PE for AS –Hodder Education ISBN 978-0-340-95868-1</p>	
<p>Additional Information:</p> <p>EPIP MOCK – December EPIP final - February Final practical marks - March Revision classes offered for each topic at lunchtimes throughout the year.</p>	

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Year 13

Topics Studied:

Historical Studies

- Popular recreation in pre-industrial Britain
- Rational recreation in post-industrial Britain
- 19th-century public schools and their impact on the development of physical activities and young people
- The developmental stages of athleticism in 19th-century public schools
- Case Studies
- Drill, physical training and Physical Education in state schools

Sports Psychology

- Individual aspects of performance
- Group dynamics of performance and audience effects
- Mental preparation for physical activity

Exercise and Sport Physiology

- Energy
- Health components of physical fitness
- Application of the principles of training
- Performance enhancement

Exam board: OCR

Assessment structure:

Theory 60%

Practical 40%

Subject specific websites to support revision and independent learning:

YouTube clips are always of benefit to develop understanding. PE4learning.com.

Recommended subject guides:

PE review articles Hodder education

OCR PE A2 – Heinemann ISBN 978-0-435466-85-5

OCR A2 revision book Heinemann ISBN978-0-435-46689-3

OCR PE for A2 – Hodder Education ISBN 978-0-340-95899-5

Additional Information:

EAIP mock - January

EAIP Final - February

Final Practical mark – March

Revision sessions are run throughout the year at lunchtimes.

