



St Margaret Ward  
Catholic Academy  
Sixth Form

# PHYSICAL EDUCATION

---

## A LEVEL

Proud partner of  
Trinity Sixth Form



# PHYSICAL

## **What is the level of course I will take?**

A Level Physical Education with OCR.

## **What level of GCSEs do I need to take this course?**

Minimum of 5 x GCSE grade 5 including Grade 6 in GCSE PE, Maths and English Language

## **How will I be assessed?**

There are 3 written exam papers that use a mixture of objective response, short and medium length answers and extended response items and may also include the use of multiple-choice answer questions.

Paper 1 Physiological factors affecting performance (30%)

Paper 2 Psychological factors affecting performance (20%)

Paper 3 Socio-cultural issues in physical activity and sport (20%)

NEA Assessments

Practical Performances (15%)

Evaluating & Analysing Performance for Improvement (15%)



# EDUCATION

## Course Content

**Physical factors affecting performance.** 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.

**Psychological factors affecting performance.** 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.

**Socio-cultural issues in physical activity and sport.** 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.

**Practical performance.** 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.

**Evaluating and analysing performance for improvement (EAPI).** Students are also assessed in EAPI. They observe a live or recorded performance by a peer and provide an oral analysis and critical evaluation of their peer's performance

## How will the course help me after Sixth Form?

Physical Education continues to be one of the largest growth subjects at A-Level. A-Level Physical Education is a fascinating and rewarding subject area and should be studied with a view to applying theoretical principles to practical situations



For further information,  
scan the below QR code

