Supporting Students of A Level PE at Toot Hill School

Physical Education allow students to study a range of topics in four main domains; Physical Factors affecting performance, Biomechanics, Psychological Factors Affecting Performance and Socio-Cultural Issues in Physical Activity and Sport. Students will learn the scientific and research-based knowledge that underpins the detailed anatomical study of how our body systems functions, how we optimise our physical health and fitness and sustain healthy, high performing condition over time. Students will be empowered to take responsibility for designing health and fitness improving programmes for themselves and others, as they use this knowledge to make a positive difference to lifestyle and performance. Students will learn the research-based knowledge that underpins the detailed biomechanical study of how Maths and Physics significantly influences physical activity and elite performance. Our students will learn the role of skill acquisition in performance of physical activities and develop knowledge and understanding of the principles required in order to optimise the learning of new, and the development of existing, skills. Students will look at the underlying factors required for effective and efficient performance including the significance the environment and conditions in which new skills are learnt play on the success of acquiring these motor skills. Students will also develop knowledge researching different approaches and theories to teaching new skills as well as the guidance and feedback used to support this. Students will develop and understanding of how individual differences affect performers in physical activity and sport. Through application of knowledge gained from this topic, students will be able to develop their skills in other sporting roles such as coach or leader, as well as directly relating it to their own performance. Students will learn the sociological and contemporary issues that influence and affect sport and physical activity for the performer, the audience and how sport affects society through understanding how physical activity and sport have developed through time. Through studying the nature of global sporting events including political exploration of historic global sporting events students will reflect on how these events have impacted sociological and contemporary changes in modern day sport. Students will draw on their knowledge from all four areas of the course content to complete a synoptic analysis of performance, learning how to effectively observe a sporting performance and provide a critical synoptic evaluation.

Department Staff

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| **Subject** | **Exam board** | **Course title and code** | **Structure** | **Key dates** | **Final exams** |
| A Level Physical Education | OCR  <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/> | A Level Physical Education H555 | **Year 12:**  **1.Physiological Factors affecting performance (Exam Content Paper 1)**   * Skeletal and Muscular Systems * Cardiovascular and Respiratory Systems * Energy for Exercise * Environmental effects on body systems * Exercise Physiology   **2.Psychological Factors Affecting Performance (Exam Content Paper 2)**   * Skill Acquisition   **3.Socio-Cultural Issues in Physical Activity and Sport (Exam Content Paper 3)**   * Sport and Society   **4. Collection of practical evidence through sports log and video evidence (throughout Y12/13)**  **Year 13:**  **1.Biomechanics (Exam Content Paper 1)**   * Biomechanical principles, levers and the use of technology * Linear motion, angular motion, fluid mechanics and projectile motion   **2.** **Psychological Factors Affecting Performance (Exam Content Paper 2)**   * Sports Psychology   **3.Socio-Cultural Issues in Physical Activity and Sport (Exam Content Paper 3)**   * Contemporary Issues in Physical Activity and Sport   **4. Evaluating and Analysing Performance for Improvement (EAPI) (Spoken assessment)**  **5. Collection of practical evidence through sports log and video evidence (throughout Y12/13)** | *Full key dates document provided to parents/student via email.*  Friday 15th December 2023 Practical Video Deadline  Week of Monday 15th February EAPI Exams  Friday 1st March 2024 Deadline for Sports Logs  Monday 4th March 2024 EAPI and practical scores submitted to OCR. No changes to marks after this point.  March – May 2024 OCR Moderation Day (TBC by exam board)  Friday 24th May 2024 Paper 1 Exam (MOD)  Wednesday 5th June 2024 Paper 2 Exam (SLN)  Tuesday 18th June 2024 Paper 3 Exam (TIN) | Paper 1 Exam (MOD) Friday 24th May 2024 – 90marks – 2 hours (30%)  Paper 2 Exam (SLN) Wednesday 5th June 2024 – 60marks – 1hour (20%)  Paper 3 Exam (TIN) Tuesday 18th June 2024 – 60marks – 1hour (20%) |

**Frequently asked questions**

**1. Where can I find past papers and mark schemes?**

You can find these at the OCR A Level PE subject page <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/assessment/> Very recent papers are not in the public domain, but you will be able to access sufficient examples. Teachers will set as many past questions as they can, to enable students to practice as much as possible. Practice questions can also be found in revision guides and on the online platform The Everlearner <https://theeverlearner.com/>

**2. Does my student know where to access guidance when answering exam questions?**

After Christmas will be providing all students with past papers and mark schemes on all topics. Students will also be provided with a 10 and 20marker question booklet supporting them to understand how to answer 10/20markers, 10/20marker structure support, sentence starters, 10/20marker exemplars, 10/20marker practice questions and student friendly mark schemes.

**3. What happens if my student has gaps in their knowledge due to absence?**

* Knowledge organisers are made available in every lesson. Students have copies of these in their books.
* Students have access to ‘The Everlearner’ <https://theeverlearner.com/> which is an online learning platform. Students login to The Everlearner using their school email address and the password provided (if students have forgotten their password they can reset it themselves or email Miss A Hall, Head of PE). Here students can access a range of videos covering all examination content in addition to accessing exam practice questions. We would recommend all students accessing this online learning platform for revision, catch up and homework.

**4. What resources are recommended to support my student?**

We recommend all students purchase the following revision guide

* Revision Guide <https://www.amazon.co.uk/My-Revision-Notes-Level-Second-dp-1398360600/dp/1398360600/ref=dp_ob_title_bk>

**5. What else can I do to support my student at home?**

* Students have been given access to ‘The Everlearner’ <https://theeverlearner.com/> which is an online learning platform. Students login to The Everlearner using their school email address and the password provided (if students have forgotten their password they can reset it themselves or email Miss A Hall, Head of PE). Here students can access a range of videos covering all examination content in addition to accessing exam practice questions. We would recommend all students accessing this online learning platform for revision, catch up and homework. Homework will be set on the Everlearner once a week and this will be revision-based homework going over content from Y12 and Y13. This is to help students revise over a longer period of time, enabling them to prepare early and avoid last minute cramming. We are grateful for your support with students’ completion of homework tasks.
* Students will also be set weekly homework to make revision cards on each topic area of the course. Ensuring students are completing this homework would be very supportive. You could also help test your child on these revision cards at home.
* After Christmas students will be set a 10/20marker exam question to complete per week. Ensuring students complete this homework would be very supportive.

**6. How can I help with revision?**

Encourage your child to access the revision homework tasks and revision material mentioned above. If you are able to take part in quizzing your student (if they have made flashcards or are using online quizzes), this will give them some variation to their revision and works well as a revision technique. Encouraging your child to focus on the areas of the courses that they feel less confident with will also be beneficial.

**7. What can I do if I need more support or my student is needing more support?**

Please contact your child’s class teacher.