

Year 11 – Year 12

Preparing for A Level PE

An overview of the course....

The OCR A Level Physical Education course is assessed across four main components, combining written exams with a practical assessment of a student's performance and a verbal analytical assessment. Make sure you begin collecting video evidence early, capturing your performance in competitive settings from different angles where you are clearly identifiable

Component 1: Physiological Factors Affecting Performance. (30%)

This includes the muscular, skeletal, cardiovascular, and respiratory systems, as well as how the body produces energy during exercise. Students also study training methods, injury prevention, and recovery, along with key biomechanical principles such as Newton's Laws, levers, and motion analysis.

Component 2: Psychological Factors Affecting Performance (20%)

Students learn about the process of skill acquisition, including different types of practice and feedback, as well as core sports psychology topics such as motivation, arousal, anxiety, aggression, group dynamics, and leadership.

Component 3: Socio-Cultural Issues in Physical Activity and Sport (20%)

Students consider how sport has evolved and how it reflects broader social issues. They study the historical development of sport, the impact of class, gender, and race, and contemporary topics such as commercialisation, technology, ethics, and drugs in sport.

Component 4: NEA – Practical Performance and EAPI (30%)

Students are assessed in one chosen sport, either as a performer or coach. They also complete an analysis and evaluation task, where they identify strengths and weaknesses in their performance, suggest strategies for improvement, and link their analysis to theoretical content from across the course.

How can you prepare for starting the OCR A Level PE course in September?

Planes of movement – Component 1

<https://www.youtube.com/watch?v=PbckswltXyc&list=PL2VOuuWnbIB08eQHZzeFX9Uw74E-wZt6X>

Conduction system – Component 1

<https://www.youtube.com/watch?v=dJCTFYuMNX4&list=PL2VOuuWnbIB08eQHZzeFX9Uw74E-wZt6X&index=2>

Transfer of skills – Component 2

<https://www.youtube.com/watch?v=oBvhud-ymQk>

Social cultural factors – Component 3

<https://www.youtube.com/watch?v=hIVqhj9d4Os&list=PLzh4kOin3WAr4MDN95xIgAJi36tntmk72>

Past paper questions, mark schemes and further resources

AS and A Level Past papers - <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/assessment/>