



# AS/A Level Physical Education

(Available for teaching from September 2008)

**The focus of these specifications is on participation and performance in physical activity as part of a balanced, active and healthy lifestyle.**



## **What are the benefits to me and my students of delivering this OCR specification?**

- Easy transition from the previous specifications.
- Reviewed and updated content.
- Opportunity for AS candidates to experience activities from across different activity profiles in the roles of performer, coach/leader and official.
- Opportunity for focused study at A2 in a particular area of interest; Historical Studies, Comparative Studies, Sports Psychology, Biomechanics and Exercise and Sport Physiology.
- Opportunity for focus at A2 on a single practical activity.
- A reduction in the assessment burden six to four units.
- Simple, straightforward assessment.
- These new specifications are excellent preparation for students wishing to progress to degree level study in both Physical Education and Sports Studies.

## AS Level

| Unit title  | Description   | Mandatory/Optional? |
|---|---|---------------------|
| An Introduction to Physical Education                                       | Candidates will acquire an appreciation of topic areas including anatomy and physiology, acquiring movement skills and socio-cultural studies relating to participation in physical activity. | Mandatory           |
| Acquiring, developing and evaluating practical skills in Physical Education | Candidates will experience activities from across different activity and work towards responding to a live performance in one of their own assessed activities.                               | Mandatory           |

## A2 Level

| Unit title   | Description  | Mandatory/Optional?   |
|--|--|---|
| Principles and concepts across different areas of Physical Education   | This Unit has two sections; Section A: Socio-Cultural options and Section B: Scientific options.<br><br>Section A: Socio-Cultural options.<br>Candidates study <b>three</b> of the five possible options, at least one option, must be from Section A.                             | Mandatory   |
|  | Socio-Cultural Options –<br>Historical Studies (Option A1)<br><br>Candidates will acquire an appreciation of the historical factors that impacted upon participation and competence in physical activity.  | Optional<br>(candidates must take at least one Socio-Cultural option) |
|  | Socio-Cultural Options –<br>Comparative Studies (Option A2)<br><br>Candidates will acquire an appreciation of the factors that impact upon participation and competence in physical activity in each of the United Kingdom (UK), the United States of America (USA) and Australia. | Optional<br>(candidates must take at least one Socio-Cultural option) |
|  | Scientific Options –<br>Sports Psychology (Option B1)<br><br>Candidates will acquire an appreciation of the sports psychology factors that impact upon participation and competence in physical activity.  | Optional<br>(candidates must take at least one Scientific option)     |
|  | Scientific Options –<br>Biomechanics (Option B2)<br><br>Candidates will acquire an appreciation of the biomechanical factors that affect participation and improve competence in physical activity.  | Optional<br>(candidates must take at least one Scientific option)     |
|  | Scientific Options –<br>Exercise and Sport Physiology (option B3)<br><br>Candidates will acquire an appreciation of how the body changes as a result of physical activity.   | Optional<br>(candidates must take at least one Scientific option)     |
| The Improvement of effective performance and the critical evaluation of practical activities in Physical Education | Candidates will build upon the skills acquired and developed in Unit 2 in one of their chosen activities and work towards responding to a live performance in their own assessed activity.   | Mandatory   |

## How is this qualification assessed?

Unit 1 is externally set and externally assessed by means of a written paper (2 hours). Unit 2 is externally set, internally assessed and externally moderated. Candidates are assessed in **two** chosen activities from **two** different activity profiles and in a response to a live performance. Unit 3 is externally set and externally assessed by means of a written paper (2 hours 30 minutes). Unit 4 is externally set, internally assessed and externally moderated. Candidates are assessed in **one** chosen activity and in a response to a live performance.

Assessment in Units 1 and 3 is available every January and June. Units 2 and 4 are assessed in June only.

### Dates of first examinations

#### AS

First examination available from January 2009

#### A2

First examination available from January 2010

## What support will I receive?

### Training

A series of events run annually to support new teachers and to provide feedback on recent examinations.

### Publishers

Developed in close consultation with OCR, Hodder is publishing materials for the 2008 AS and A2 PE specification.

### Resources

You can download all the following resources from the OCR website – [www.ocr.org.uk](http://www.ocr.org.uk).

- Specimen candidate answers for both AS units are to be found in the AS level Teacher Support Materials.
- Specimen answers for A2 level will be available from spring 2007. In addition there are exemplar classroom exercises.
- Specimen Assessment Materials are available for all units.

For more information please contact the OCR Customer Contact Centre on **01223 553998**, or visit [www.ocr.org.uk](http://www.ocr.org.uk)