



PHYSICAL EDUCATION

Qualification: A-Level

Overview of subject:

The OCR A-Level in Physical Education consists of a range of question and answer, examination / past paper questions, homework, end of unit tests / assessments. The course is very tough BUT if you work hard in lessons and outside of lessons then you will be fine!

Topics studied in the syllabus include:

- Applied anatomy and physiology, exercise physiology and bio mechanics.
- Skill acquisition and sports psychology.
- Sport and society and contemporary issues in physical activity and sport.
- Performance or coaching and evaluation and analysis of performance for improvement.

The course might be of interest if:

- You are strong practically
- You can perform to a very high level
- You like examinations and revising in your own time
- You have a grade 5 or above in GCSE English and Science
- You have a grade 5 or above in GCSE PE
- You have 6 GCSEs at grade 5 (6th form requirement)
- You are a highly motivated person who can work independently

Potential future pathways:

PE Teacher, Physiotherapist, Sports Coach, Leisure Manager
Sports Psychologist, Sports Analyst, Sports Reporter, Police Force, Armed Forces, Science-related degree, Business degrees.



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What sports can I select for the Non-Exam assessment?

- Acrobatic Gymnastics Inline Roller Hockey
- Amateur Boxing Kayaking
- Association Football (cannot be 5-a-side) Lacrosse
- Athletics Netball
- Badminton Polybat
- Basketball Powerchair Football
- Blind Cricket Rock Climbing (can be indoor or outdoor)
- BMX (racing only – not trick) Rowing
- Boccia Rugby League (cannot be tag rugby)
- Camogie Rugby Union (can be assessed as 7's or 15 a-side – cannot be tag rugby)
- Canoeing Sailing ,royal Rachtig Association recognised sailing boat classes only.
- Cricket Sculling
- Cross Country Running Skiing (must take place on snow, can be indoor or outdoor)
- Cycling (track or road cycling only) Snowboarding (must take place on snow, can be indoor or outdoor)
- Dance
- Squash
- Diving (platform diving) Swimming (not synchronised swimming, personal survival or lifesaving)
- Equestrian Table Cricket
- Figure Skating Table tennis
- Futsal Tennis
- Gaelic Football Trampolineing
- Goal Ball Triathlon (sprint only)
- Golf Volleyball
- Gymnastics (floor routines and apparatus only) Water Polo
- Handball Wheelchair Basketball
- Hockey (must be field hockey) Wheelchair Rugby
- Hurling Windsurfing
- Ice Hockey