



PHYSICAL EDUCATION: KS5	
Exam Board	OCR
Link to Specification	OCR A Level Physical Education Specification H555

A-Level PE students

develop the ability to demonstrate knowledge and understanding of physical activity, and to apply this to a range of sporting contexts. Analytical and evaluative skills are developed through both written and oral responses. A Level PE opens doors to several careers and life options. Sport, nutrition and health are huge topics of discussion today, and as the fight against obesity and sedentary lifestyle issues continues, the knowledge you gain from a course such as this will only grow in importance and relevance. A-Level PE enables you to apply for higher education courses in sports science, sports management, healthcare, or exercise and health. It can also complement further study in subjects such as biology, human biology, physics, psychology, nutrition and sociology. A Level PE can open a range of career opportunities including sports development, sports coaching, physiotherapy, sports journalism, personal training or becoming one of the next generations of PE teachers. The transferable skills you learn, such as decision making and independent thinking, are useful in any career path you choose to take. Students considering Sports Science degrees should combine PE with at least one science subject.

Anatomy & Physiology Long Term Plan

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Year 12	Joints, Movement & Muscles	Skeletal Muscular Contraction	Respiratory System at Rest	Ergogenic Aids	Training Methods- Strength Training	Principles of Biomechanics
	Functional roles of muscle and contraction	Cardiovascular System at Rest	Cardiovascular System during Recovery	Training Method's- Periodisation	Training Methods- Flexibility Training	Biomechanics- Analysing through Technology
	Movement Analysis	Cardiovascular System during Recovery	Diet & Nutrition	Training Methods- Aerobic Training	Impact of Training on Lifestyles & Diseases	Biomechanics – The use of Levers
Year 13	Energy for Exercise- ATP	Energy for Exercise Resynthesis	Environmental Physiology - Altitude	Principles of Angular Motion	Injuries- Acute & Chronic Injuries	Revision Exam Leave
	Energy for Exercise- Energy Systems	Energy for Exercise- Energy Systems Recovery	Environmental Physiology - Thermoregulation	Fluid Mechanics	Physiological Responses to Injury	
	Energy for Exercise- ATP Resynthesis	Environmental Physiology - Altitude	Principles of Linear Motion	Projectile Motion Principles in Sport	Treatment to Injury	

Psychology of Sport Long Term Plan

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Year 12	Classification of Skill Methods & Types of Practice used in Sport	Psychological Stages of Learning Psychological Stages of Learning in Sport	Types of Guidance and Impact Types and Uses of Feedback in Sport	Transfer of Skills – Negative & Positive Learning Theories in Sport	Personality Types & Attitude in Sport Arousal and Impact on Sporting Performance	Types of Aggression in Sport Social Facilitation
Year 13	Group Dynamics and Processes Attribution in Sport	Confidence & Self-Efficacy EAPI Preparation	Stress Management EAPI Controlled Assessment	Goal Setting Leadership Models	Revision	Exam Leave

Socio-Cultural Issues in Sport Long Term Plan

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
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Year 12	Emergence & Evolution of Pre-Industrial Britain	Pre-Industrial Characteristics of Physical Activity	Social Factors in 20th Century Britain	Contemporary Factors in Influencing Physical Activity	Modern Olympics and Impact	Exploitation of Games
	Pre-Industrial Social Factors	Post Industrial 1850 Britain	Cultural Factors in 20th Century Britain		Background, Aims and Values	Impact of Hosting Global Events
	Pre-Industrial Characteristics of Sport				Global Events	EAPI Preparation
Year 13	Modern Technology in Sport – Elite Performance	Routes to Excellence – Development Routes	Ethics & Deviance- Drugs and Doping in Sport	Ethics & Deviance- Gambling in Sport	Commerce & Media Positive and Negative Impacts	Revision Exam Leave
	Modern Technology in Sport – General Participation	Routes to Excellence – Schools, Clubs & Universities	Ethics & Deviance- Violence in Sport	Commerce & Media Factors in Sport	Commerce & Media - Sport	
	Modern Technology in Sport – Developing Outcomes & Entertainment	Routes to Excellence – UK Sport & Strategies for Dropping Out	Ethics & Deviance- Violence in Sport			

