

WEST COVENTRY SIXTH FORM



SUBJECT TRANSITION BOOK
Summer 2018

PHYSICAL
EDUCATION

STUDENT NAME:

This handbook contains useful information about the department and studying for your exams.

The aim of this handbook

The aim of this handbook is to provide you with the basic information that you need to know about the course and some aids to help you study.

You should refer to this before approaching your teachers.



Consultation

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You are welcome to ask staff questions regarding the various units at any time. Please take this opportunity as it will help your understanding of the theory.

Summary of Specification (H555)

3 exam papers, 1 practical component.

Content Overview	Assessment Overview	Total
Applied anatomy and physiology Exercise physiology Biomechanics, including technology in sport	Physiological factors affecting performance (01)* 70 marks 1 hour 15 minute written paper	30% of A level
Skill acquisition Sports psychology	Psychological and socio-cultural themes in physical education (02)* 60 marks 1 hour written paper	20 % of A level
Sport and society Contemporary Issues in Physical Activity and sport	Sociocultural issues in Physical activity and sport (03) 60 marks 1 hour written paper	20% of A Level
Performance or Coaching Evaluation of Performance for Improvement (EPI)	Performance in physical education (03)* 60 marks Non- examined Assessment	30% of A level

For the full specification for visit:

www.ocr.org.uk

You will need to print out the full specification for each unit G451 (sections A,B and C) and unit G452 and use this information as a check list for revision. You will be expected to come to lessons prepared, having read up on the topic for the current lesson. This is vital to achieving a high grade.

PAPER 2: PSYCHOLOGICAL & SOCIO-CULTURAL THEMES:

Skill Acquisition:

Classification of skills

Types & methods of practice

Transfer of skills

Theories of learning

Movement skills

Stages of learning

Guidance

Feedback

Sports Psychology:

Individual differences

Group & Team dynamics

Goal Setting

Sport & Society:

Emergence & evolution of modern sport

Global sporting events

THE PRACTICAL COMPONENT:

This is one sport from a designated list worth 30 marks and 1 EPI or verbal response.

Students can also coach a sport, but this is very complex and involves a lot of written work.

The list of sports can be found on the OCR website under AS PE new specification.

More detail on the EPI can also be found there.

Keep up to Date!

Finally, do read newspapers and watch relevant television programmes. We would recommend that you read a mixture of both Broad sheets and tabloid papers, as this will give you a very good overview of what is going on in the sporting world. It is also worth checking the library for some periodicals.

Top Tip:

Watch Sport on the TV, keep up to date with current affairs.

Look at what sports are on TV, what their wearing, sponsorship etc.

TESTS AND EXAMS

During the AS course you will be taught the 6 different topics in lessons with regular end of topic tests and mocks.

There will be continuous assessment of the quality of your work during all aspects of the course. This may involve your homework, presentations that you will be asked to give or small topic tests. Your teacher, allowing you plenty of time to revise, will announce the timing of these tests before hand. You should expect to sit end of unit tests in each module of the course.

The results of all the assessments will have a major influence on your predicted grade for AS Level.

There are very important exams throughout the first year. (The mock exams are designed to prepare you for the AS Level external exam.)

Students who do well during AS may wish to carry on the 2nd year and achieve the full A Level.

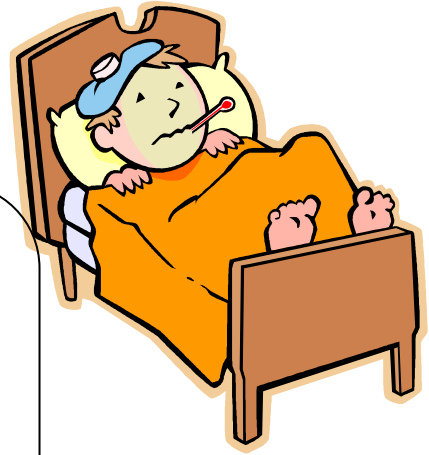
Those who wish can just do the AS.

THE PRACTICAL ACTIVITIES YOU COULD DO:

Amateur boxing
Association football - Cannot be five-a-side or futsal
Athletics
Badminton
Basketball
Camogie
Canoeing
Cricket
Cycling - Track or road cycling only
Dance
Diving - Platform diving
Gaelic football
Golf
Gymnastics - Floor routines and apparatus only
Handball
Hockey - Must be field hockey, not ice hockey or roller hockey
Equestrian
Hurling
Kayaking
Lacrosse
Netball
Rock climbing - Can be indoor or outdoor
Rowing
Rugby league - Cannot be tag rugby
Rugby union - Can be assessed as sevens or fifteen a side. Cannot be tag rugby.
Sculling
Skiing - Outdoor/indoor on snow. Must not be dry slopes
Snowboarding - Outdoor/Indoor on snow. Must not be dry slopes
Squash
Swimming - Not synchronised swimming
Table tennis
Tennis
Trampolining
Volleyball
Specialist activity
Blind cricket
Boccia
Goal ball
Powerchair football
Polybat
Table cricket
Wheelchair basketball
Wheelchair rugby



ABSENCE



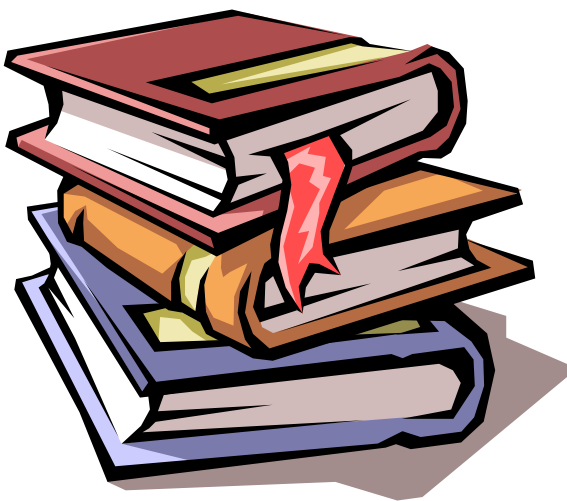
There will naturally be occasions when you will have to miss a lesson (either through illness or due to sports fixtures etc.)

If you know that you are going to miss a lesson then you **MUST** tell your teacher in advance.

1. It is always your responsibility to catch up with all work missed (including homework) at the soonest opportunity.
2. There will be **NO** extensions to **ANY** deadlines due to absence or illness so prepare well in advance.

Where and how do I keep my work?

It is up to you how you keep your notes; however, we would recommend that you have five folders, all dedicated to AS Physical Education. Four that you keep at home, that contains all the notes, one for each module and one 'active' folder that you bring to your lessons. This 'active' folder should contain dividers separating each of the different areas of the course, in order to ensure that your work does not get mixed up.



Key Dates

A prize will be available to the student who makes the first tangible link between this phrase and an AS unit.

AS:

- ◆ Your first chosen activity must be assessed and sent to the moderator by **31st March.**
- ◆ Your second sports must be assessed and sent to the moderator by **15th May.**
- ◆ Your Evaluating and Planning for the Improvement of Performance (EPIP) talk will be assessed throughout the year and a final submission date will be given during the year. You will be videoed throughout this process to gain detailed extrinsic feedback.
- ◆ Most activities will be internally assessed in March.
- ◆ You may be called to be externally assessed by the examiner in May.

Text Books and Resources

As an AS & A2 PE student you are required to seek some independence in your study and resource skills. You are required to purchase your own text book for the course and have it with you ready for your first lesson in September. You may use various websites to source your book but below are some links. You may also borrow a text book from school for a deposit of £20 and upon returning it in good condition at the end of the year you will get your deposit back. This option will be available prior to your first lesson in September and you will need to seek out a member of the PE department to organise this. You may also find several revision guides on websites useful but remember it must be related to the OCR specification.

The best books for this course are:

OCR AS PE Student Book:

Author John Honeybourne, Sarah Powell

ISBN 9781471851735

Publisher Hodder Education

Website www.hoddereducation.co.uk/Product/9781471851735

Learning Resources

During the course, various items of software, DVDs and textbooks are recommended or used in lessons, for example 'Bodyworks@ is a useful computer package that will help you learn the essential anatomy and physiology that is used extensively during your A & P lessons. PE students can use a number of CD ROMs and videos for private study.

Useful Website

You are studying the OCR specification, it would be extremely useful for you to get any relevant information about your practical activities, EPIP and exams from the following website address:

www.ocr.org.uk

Library and Information Services

Library

There are a variety of resources available in the library, both on loan and for reference. It is important that you use the library to help you with your assignments and for revision. Make the time to find out what is available to you.

Internet

There are a huge variety of web sites that you can use to help you with your work. It is important to remember that in order to get the best marks possible you will need to show evidence that you have read around the subject and can show an 'in depth' understanding of the topic. Due to the nature of the Internet the web addresses are constantly changing.

Be careful, not everything on the internet is correct, use your common sense and only use the internet as a source in addition to your text books!



Governing Bodies

The Governing bodies of your activities are an invaluable source of information about what is currently going on within your sport. As part of the course you are expected to know about all the grass route schemes offered to young participants, all the training opportunities and the local provision in your activity. So get in touch sooner rather than later and get the information you need to get the best marks possible. The following web site addresses may be of use to your studies throughout the course so have a good look at them early.

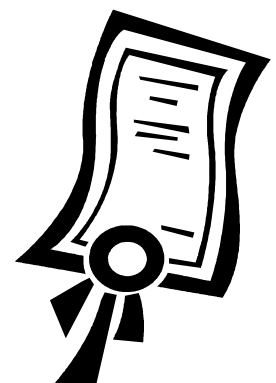
SPORTS ORGANISATIONS WEB SITE ADDRESSES

British Council <http://www.britishcouncil.org>
British Olympic Association <http://www.olympics.org.uk/>
Department of Culture, Media and Sport <http://www.culture.gov.uk>
Disability Sport England <http://www.disabilitysport.org.uk>
Institute of Sport Sponsorship <http://www.sports-sponsorship.co.uk/>
International Olympic Committee <http://olympic.org/>
International Paralympic Committee <http://www.paralympic.org/>
Sports Coach UK <http://www.sportscoachuk.org.uk>
Sport England <http://www.sportengland.org>
Womens Sport Foundation <http://www.wsf.org.uk/>



INFORMATION ORGANISATIONS

1st4Sport <http://www.1st4sport.com/>
BBC Sport Academy <http://news.bbc.co.uk/sportacademy/default.stm>
Encyclopaedia Britannica <http://www.britannica.com/>
Governing Bodies Use Sport England website for full list and links to Governing bodies
Gatorade Sport Science Lab www.gisiweb.com
Inner Body <http://innerbody.com>
Peak Performance <http://www.pponline.co.uk>
Psychology Lab <http://www.geocities.com/lazaridou/>
Schoolzone <http://www.schoolzone.co.uk/>
Sport Injury Journals <http://www.physsportsmed.com/>
National Library of Medicine www.ncbi.nlm.nih.gov/entrez/query.fcgi
Sports Science Information www.exploratorium.edu/sports
Statistics Information <http://www.robertniles.com/stats/>
Training Programmes/Principles <http://www.brianmac.demon.co.uk/>
Human Biology page www.bioanim.com
UK Sport <http://www.uksport.gov.uk>
Lucozade Sports Academy www.theIssa.com/Issa/main.asp
World Sport <http://www.worldsport.com/ws/>



Some National Governing Bodies web addresses to get you started

Football ://www.thefa.com/

Athletics ://www.ukathletics.net/

Hockey ://www.englandhockey.co.uk/

Swimming ://www.britishswimming.org/

Netball ://www.england-netball.co.uk/

Dance ://www.rad.org.uk/

Rugby ://www.rfu.com/

Gymnastics://www.british-gymnastics.org/

Basketball ://www.englandbasketball.co.uk/

REMEMBER—WORK HARD, PLAY HARD AND GET THE GRADES YOU DESERVE

(hopefully an A)

SUMMER ACTIVITY

TASK

Research the following areas as part of a **movement analysis** for the **take off phase of a long jump** (execution phase) in each of the joints in the **lower leg** (knee and ankle).

You may wish to use the OCR website for advice on reading materials.

This activity is called **movement analysis** and is always the first type of question in the written exam. You will need this knowledge throughout your studies in Physical Education.

EXTENSION WORK

Now perform the same exercise for the following sporting actions:

- ◆ Shot putt (execution phase) at the **shoulder joint**
- ◆ Kicking a rugby conversion (execution phase) at the **knee joint**
- ◆ A sit up (recovery phase) at the **spine**

This information will be presented to the class and teacher in your first lessons back in September. It will form part of your first assessment to see if you are suitable for the course.

Enjoy the summer and work hard!

PE Department

SUMMER ACTIVITY CONTINUED

(BRING THIS WITH YOU ON DAY 1)



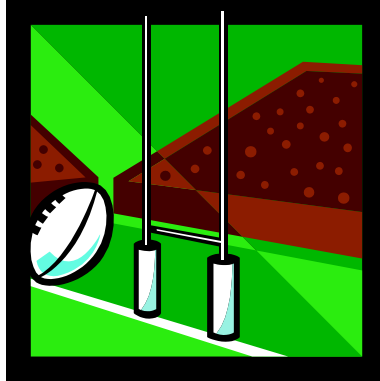
EXECUTION PHASE OF A TAKE OFF IN A LONG JUMPO (LEFT LEG)					
	Articulating bones	Joint type	Muscles (agonist/antagonist)	Type of Muscular contraction	Movement type produced
Knee (left)					
Ankle (left)					



EXECUTION PHASE OF THE SHOT PUTT					
	Articulating bones	Joint type	Muscles (agonist/antagonist)	Type of Muscular contraction	Movement type produced
Shoulder					

EXECUTION PHASE OF KICKING A RUGBY CONVERSION

	Articulating bones	Joint type	Muscles (agonist/antagonist)	Type of Muscular contraction	Movement type produced
Knee					



EXECUTION PHASE OF PERFORMING A SIT UP

	Articulating bones	Joint type	Muscles (agonist/antagonist)	Type of muscular contraction	Movement type produced
Spine					



(c) Glycogen loading is a method used to improve performance.

(i) Describe the process of glycogen loading.

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[3]

(ii) How effective is glycogen loading as a means of performance enhancement for endurance activities?

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[3]

(c) Explain how attitudes to performing in physical activity might be formed.

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