



# GETTING READY FOR A LEVEL PE

A Level PE provides students with an exciting opportunity to gain a deeper understanding of PE. The stimulating content is at the heart of this engaging qualification and encourages students to immerse themselves in the world of sports and Physical Education.



The OCR A Level course at Pate's is divided into three strands, each strand delivered by a different teacher (Mrs Collins, Mr Dandy or Mr Stoneman). The teachers utilise a wide variety of approaches, each providing you the opportunity to delve deep into the different aspects of the course. Over the duration of the course you will develop knowledge, understanding and critical thinking in the following areas;

- Physical factors affecting performance.
- Psychological issues affecting performance.
- Socio-cultural issues in physical activity & sport.

## ASSESSMENT OVERVIEW

**30%**

**Physical factors affecting performance**  
90 marks  
2 hour written paper

**20%**

**Psychological issues affecting performance**  
60 marks  
1 hour written paper

**20%**

**Socio-cultural issues in physical activity & sport**  
60 marks  
1 hour written paper

**30%**

**Performance in Physical Education**  
60 marks  
Non-exam assessment (NEA)

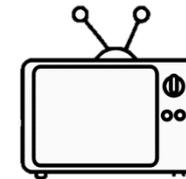
## KICK START YOUR LEARNING



### READ

1. Bounce- Matthew Syed
2. Legacy- James Kerr
3. The Secret Race-Tyler Hamilton and Daniel Coyle

### WATCH



1. 'Stop at Nothing' on Netflix- Drugs in Sport, Ethics, Psychology
2. 'Andy Murray Resurfacing' on Amazon Prime- Injury, Rehab, Training
3. 'The Mindset of a Winner (Kobe Bryant Champions Advice)' on YouTube- Psychology, Training, Skill Acquisition
4. 'Science of Success (How the Champions prepare for a Matchday)' on YouTube- Facilities, Elite Sport, Training, Nutrition, Biomechanical Analysis
5. 'Anatomy Of...' series on the Olympic Channel on YouTube- Anatomy, Physiology, Training, Elite Sport



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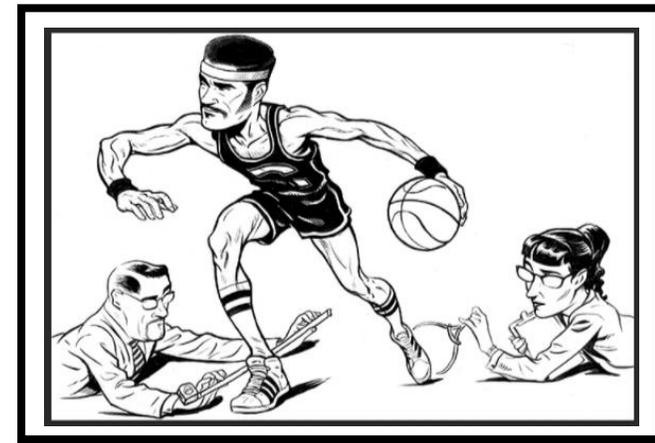


## INSIGHTFUL TASKS

### What factors contribute to sporting success?

#### **Areas for thought...**

Choose one or more from the following and select your preferred choice of presentation: PowerPoint, Word, video, drawing. You can be as creative as you wish. *Time allocation is 4-5 hours.*



**1. Elise Christie, the British speed skater, has won 13 World and European Championship Gold medals yet she has never even won a medal for any event at any of the 3 Olympics games she has competed at. What might explain this clear underperformance?**

#### **Suggested areas for consideration...**

- Is it the psychological phenomenon known as “choking”?
- Is it match fixing?
- Is it fitness or fatigue?
- Is it “bad luck”?
- Is it something else?

**2. Why have Jamaican sprinters historically performed so well in the 100m despite the small population and budget for the country?**

#### **Suggested areas for consideration ...**

- Is it something physiological in relation to muscle strength and speed?
- Is it a cultural impact of 100m being “Jamaica’s Number One Sport”, there being an abundance of role models and the idea that “success breeds success”?
- Is it due to the use of performance enhancing drugs?

**3. At Rio 2016, 19 World Records were broken. How is it that these incredible records keep being bettered?**

#### **Suggested areas for consideration ...**

- Is it because they are the target to aim for?
- Is it better training?
- Is it better psychological preparation?
- Is it linked to funding and support for athletes/ professionalism?

