



St George's School
Aim Higher

Sixth Form Options

Physical Education
A Level Course - OCR



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SPORT

[Home](#) | [Football](#) | [Cricket](#) | [Formula 1](#) | [Rugby U](#) | [Rugby L](#) | [Tennis](#) | [Golf](#) | [Boxing](#) | [Athletics](#)

[Rugby Union](#) > [Scores & Fixtures](#) | [Tables](#) | [Video](#) | [All Teams](#) | [English](#) | [Scottish](#) | [Welsh](#) | [Irish](#)

Louis Rees-Zammit: How Wales star can fulfil his American dream

By Matt Lloyd
BBC Sport Wales

17 January 2024 | [Rugby Union](#) | 259



How Did Agnes Ngetich Run a 28:46 10K World Record in Valencia?

The 22-year-old World XC bronze medalist is the first woman to break 29:00 on any surface

By [Jonathan Gault](#)

January 17, 2024

Olympic bosses confident that Paris Games will be 'safe and secure'

The International Olympic Committee (IOC) is convinced the French government has taken the necessary steps to ensure competitors, officials and spectators are safe.



The secret of Novak Djokovic's record-breaking tennis success is his mental resilience - expert explains



Athletes develop resilience over time, building mental and social skills that act as a shield against the negative effects of adversity and failure.

22 June 2023 | [Sahen Gupta](#) | 4 min read

[Health and wellbeing](#) | [School of Sport, Health, and Exercise Science](#)
[Faculty of Science and Health](#) | [Popular culture](#) | [Health and Wellbeing](#)



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A-Level PE can lead to a wide range of careers

Sports Management

Strength and conditioning

Teaching

Sports Psychology

Fitness Entrepreneur

Nutrition

Sports Science

Sports marketing

Coaching

Sports Journalism

Physiotherapy



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Course Content

The A Level course is completed over a two year period.

OCR examination board (same as St George's GCSE)

70% theory across three papers

2 hour exam: Anatomy and Physiology – 30%

1 hour exam: Skill Acquisition and Psychology – 20%

1 hour exam: Sport and Society – 20%

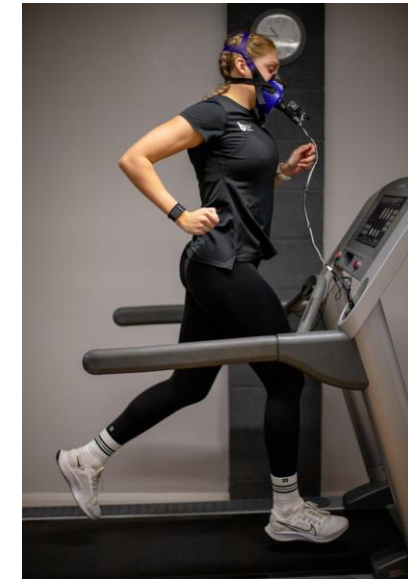
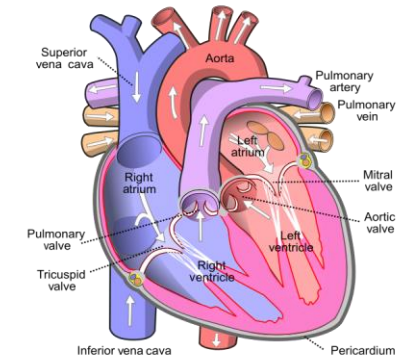
30% practical based on performance in one sport and analysis of performance

4 x 1 hour lessons per week.



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Physiological factors affecting performance (Paper 1)





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Psychological factors affecting performance (Paper 2)





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Socio-cultural issues in physical activity and sport (Paper 3)





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Practical Activities





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Practical assessment

Role of performer or coach in one activity

Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.





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The Evaluation and Analysis of Performance for Improvement (EAPI).





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FAQ

Q) Do you have to meet the entry requirements to get onto the course?

Q) How many hours of teaching is there a week?

Q) Are there any practical lessons?

Q) Do I need to organise filming of my sports myself or will the school help me?



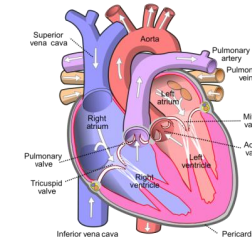
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Physiological factors affecting performance (Paper 1)

Year 1



Skeletal and muscular systems
Cardiovascular and respiratory systems
Diet and nutrition for performance
Preparation and training methods



Year 2

Energy for exercise
Recovery, altitude and heat
Injury Prevention and rehabilitation of injury
Biomechanical Principles: Newton's laws of motion, force and the use of technology



Biomechanical Principles: stability and level systems
Linear Motion
Angular motion
Fluid mechanics and projectile motion





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Psychological factors affecting performance (Paper 2)

Year 1

Classification of skills

Types and methods of practice

Learning theories

Stages of learning, guidance and feedback

Individual psychological differences

Group dynamics

Goal setting

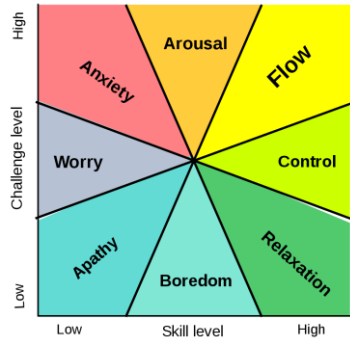
Year 2

Memory models

Attribution and confidence in sport

Leadership in sport

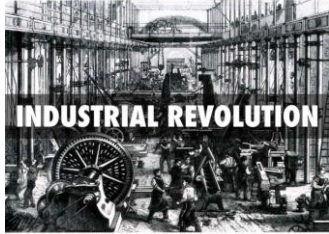
Stress management to optimise performance





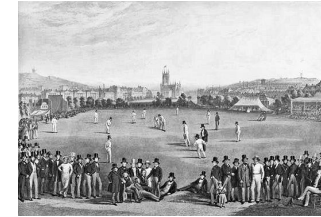
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Socio-cultural issues in physical activity and sport (Paper 3)



Year 1

Emergence and evolution of modern sport
Sport in the 21st Century
Global sporting events



Year 2

Ethics and deviance in sport
Commercialisation and media
Routes to sporting excellence within the UK
Modern technology in sport

