



Physical Education (OCR)

Physical Education (OCR – Cambridge Technical, Extended Certificate)

Have you ever wondered how athletes reach elite level? Or how an elite athlete's body compares to that of the everyday individual and allows them to push the boundaries of human capabilities? The Technical Award in Sport and Physical Activity looks at questions such as these and also gives you the opportunity to experience and develop an interest in a variety of roles in sport such as performer and coach.

Content and Assessment

Theoretical units

- **Body systems and the effects of physical activity**
- **Sports organisation and development**
- **Sport and exercise psychology**

The first 2 of these units are assessed through examinations. These contain a mix of multiple choice, short answer and extended writing questions. For the final unit, you must complete an assignment.

Practical units

- **Practical skills in sport and physical activities**
- **Sports coaching and activity leadership**

For the first of these units, you are assessed on your ability to perform as a performer in an individual sport, a team sport and an outdoor adventurous activity. You are also assessed as an official. In order to be successful in this unit, students should be competing in sport on a regular basis outside of school. For the second of these units, you will be required to apply your knowledge of successful leadership into practical sessions. You will then need to evaluate these sessions and make any necessary modifications.

Teaching

Teaching will be split into theory-based classroom work and practical lessons. In the classroom, we draw on your practical background and knowledge to help you to understand the theoretical topics. In addition, we sometimes have practical activities within a theory lesson to further assist the learning process.

The Future

The PE course prepares you for a vast array of careers, and these days, universities are offering more and more PE related courses. Subjects like PE teaching, Sports Science and Physiotherapy are the obvious ones but newer courses like Sports Psychology and Sports Development/Coaching are also proving to be very popular. You could also choose to progress into employment within the sporting sector as a fitness instructor or working for a National Governing Body for example.



Independent Learning

Independent learning tasks in Physical Education

<p>1. Review your notes after each lesson and using 'Cambridge Technical Level 3 Sport and Physical Activity' textbooks, find key chapters then add to your class notes with relevant/interesting additional information. Complete any additional activities and exam questions, whilst paying particular attention to the key terms and examiner's tips.</p>
<p>2. Use the school library to access the recent and past editions of the PE Review journal. Photocopy relevant articles that link to specific areas of the course, read and annotate them, and add to the relevant point in your file. Pay particular attention to these articles and advice as they are often written by the people who write your actual exam paper.</p>
<p>3. Read biographies from different elite level performers, especially those who have dealt with issues/topics studied within the course. Keep a journal of the books you have read, along with your thoughts and opinions.</p>
<p>4. Improve your officiating skills by volunteering to assist in Key Stage 3 PE lessons and extra-curricular activities. Keep a journal of what you have learnt and achieved on each occasion, as well as what you would like to improve on next time. You could also watch YouTube videos of officials in high level competition to help you to see what the perfect model should actually look like in each sport.</p>
<p>5. Spend more time researching and getting to know your sport. Watch elite performers and try to emulate them. Produce a 'perfect model' breakdown for all the major skills within that sport. Evaluate your actual performance according to these perfect models. Select elite performers who epitomize these perfect models. Look on 'You Tube' – there are so many clips of various sports 'in action' to help refine your perfect models as well as your analytical skills.</p>
<p>6. Improve your coaching skills by volunteering to assist in Key Stage 3 PE lessons and extra-curricular activities. Keep a journal of what you have learnt and achieved on each occasion, as well as what you would like to improve on next time. Attempt to make a connection with what you see and do with various topics studied within the A Level course, for example types of feedback given, different teaching and learning styles used, ways of motivating pupils.</p>