



CURRICULUM

Physical Education Curriculum Overview OCR A/S & A level Physical Education

The Advanced Subsidiary GCE is both a 'stand-alone' qualification and also the first half of the corresponding Advanced GCE. The AS GCE is assessed at a standard appropriate for candidates who have completed the first year of study (both in terms of teaching time and content) of the corresponding two-year Advanced GCE course, i.e. Between GCSE and Advanced GCE.

From September 2013 the AS GCE is made up of two mandatory units: Unit G451: An introduction to Physical Education, which is externally assessed, and Unit G452: Acquiring, developing and evaluating practical skills in Physical Education, which is externally set, internally assessed and externally moderated. Together they form 50% of the corresponding four unit Advanced GCE.

From September 2013 the Advanced GCE is made up of two mandatory units at AS and two further units at A2: Unit G453: Principles and concepts across different areas of Physical Education, which is externally assessed, and Unit G454: The improvement of effective performance and the critical evaluation of practical activities in Physical Education, which is externally set, internally assessed and externally moderated.
AS PE

Unit G451: An introduction to Physical Education

Anatomy and Physiology (Section A)

- The skeletal and muscular systems
- Motion and movement
- The cardiovascular and respiratory systems in relation to the performance of physical activity
- Acquiring Movement Skills (Section B)
- Classification of motor skills and abilities
- The development of motor skills
- Information processing
- Motor control of skills in physical activity
- Learning skills in physical activity
- Socio-Cultural Studies relating to participation in physical activity (Section C)
- Physical activity
- Sport and culture
- Contemporary sporting issues

Unit G452: Acquiring, developing and evaluating practical skills in Physical Education

- Performance
- Evaluating and planning for the improvement of performance



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A2 PE

Unit G453: Principles and concepts across different areas of Physical Education

Historical Studies (Option A1)

- Popular recreation in pre-industrial Britain
- Rational recreation in post-industrial Britain
- 19th-century public schools and their impact on the development of physical activities and young people
- The developmental stages of athleticism in 19th-century public schools
- Case Studies
- Drill, physical training and Physical Education in state schools

Section B: Scientific Options

Sports Psychology (Option B1)

- Individual aspects of performance
- Group dynamics of performance and audience effects
- Mental preparation for physical activity

Exercise and Sport Physiology (Option B3)

- Energy
- Health components of physical fitness
- Application of the principles of training
- Performance enhancement

Further details of the specification are available on the OCR website – ocr.org.uk