

Subject	Year	Term
A Level Physical Education	12	Autumn 2
Topic		
OCR A Level		
Content (Intent)		
Prior Learning (Topic) OCR Exam Board Syllabus content		
Paper 1		
<ul style="list-style-type: none"> Anatomy and Physiology: Movement analysis, motor unit and skeletal muscle contraction, muscle fibre type and exercise intensity Exercise Physiology: Pharmacological aids, Physiological aids, Nutritional aids, Training programme design, Periodisation (cycles and phases). Biomechanics: Factors affecting friction and air resistance. Calculations of force, momentum, acceleration, and weight 		
Paper 2		
<ul style="list-style-type: none"> Skill Acquisition: Types of practice + transfer of learning Sports Psychology: Motivation, Arousal 		
Paper 3		
<ul style="list-style-type: none"> Socio Cultural Issues: Post-1850 Britain 		
Practical EAPI		
<ul style="list-style-type: none"> Weaknesses and justification 		
Future Learning (Topic) OCR Exam Board Syllabus content		
How will knowledge and skills be taught? (Implementation)	How will your understanding be assessed & recorded (Impact)	
<p>Pupils study the OCR A level syllabus with 9 hours of teaching over a two-week timetable.</p> <p>Teachers to set high expectations which inspire and motivate students. Variety of teaching tasks and styles to be adopted depending on the lesson principles, aims and content. Teachers will adapt teaching to the strengths and needs of the students. Stretch and challenge integral to learning for all pupils in all lessons through differentiated tasks and outcomes. Knowledge imparted through effective three-part lesson structure of starter, main activity and plenary. Pupils to work individually, paired and in groups with accurate and productive use of assessment alongside ALPS targets used to monitor progress. Pupils given regular feedback in lessons both orally and through accurate marking with pupils encouraged to respond to the feedback. Students set homework every lesson and given time to evaluate and correct homework in lessons. Pupils given revision booklets and resources pre-exam in individual topic areas. Students work independently through guided study to complete practical and EAPI coursework assessments.</p>	<p>Students to be assessed in line with individual ALPS predicted targets. Effort and attainment recorded in regular progress checks and interims with more detailed progress and targets set in parent's evenings.</p> <p>Individual topic results recorded by teacher.</p> <p>Pupils self-assessment sheet in folders used to monitor progress and understanding.</p> <p>Assessments made through exam questions within lessons and homework's. Multi choice recap quizzes in lessons. End of unit assessments.</p> <p>Practical/EAPI assessment done through self/peer and teacher assessment and video recording.</p>	
How can parents help at home?		
Parents can support students in video evidence collection. Review pupils self-assessment sheets to inform on child's understanding and progress in time for parents evening.		
Helpful further reading/discussion		
Reading OCR PE for A level Book 1 Bounce by Matthew Syed The Chimp Paradox by Prof. Steve Peters	Vocabulary Lists Individual key words and definitions given by topic. Topic area glossaries given to students.	Careers Links Professional sport. Physiotherapy. Sports Management, Nursing, Armed Forces, Sports Analysis, Teaching, Sports Nutrition.