

## Content & Assessment Overview

Content Overview	Assessment Overview
<p><b>H555/01 Physiological factors affecting performance</b></p> <p>This component will assess:</p> <ul style="list-style-type: none"><li>• 1.1 Applied anatomy and physiology</li><li>• 1.2 Exercise physiology</li><li>• 1.3 Biomechanics</li></ul>	<p><b>Written paper: 2 hours</b> <b>30% of total A Level</b> <b>90 marks</b></p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p><b>H555/02 Psychological factors affecting performance</b></p> <p>This component will assess:</p> <ul style="list-style-type: none"><li>• 2.1 Skill acquisition</li><li>• 2.2 Sports psychology</li></ul>	<p><b>Written paper: 1 hour</b> <b>20% of total A Level</b> <b>60 marks</b></p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p><b>H555/03 Socio-cultural issues in physical activity and sport</b></p> <p>This component will assess:</p> <ul style="list-style-type: none"><li>• 3.1 Sport and society</li><li>• 3.2 Contemporary issues in physical activity and sport</li></ul>	<p><b>Written paper: 1 hour</b> <b>20% of total A Level</b> <b>60 marks</b></p> <p>This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.</p>
<p><b>H555/05 Practical Performances</b></p> <p>This component will assess either:</p> <ul style="list-style-type: none"><li>• core and advanced skills in performing one activity</li></ul> <p>or</p> <ul style="list-style-type: none"><li>• core and advanced skills in coaching one activity.</li></ul>	<p><b>Non-exam assessment (NEA)</b> <b>15% of total A Level</b> <b>30 marks, weighted up to 45 marks</b></p> <p>This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.</p>
<p><b>H555/06 Evaluating and Analysing Performance for Improvement</b></p> <p>This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.</p>	<p><b>Non-exam assessment (NEA)</b> <b>15% of total A Level</b> <b>30 marks, weighted up to 45 marks</b></p> <p>This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.</p>

## **A Level PE OCR**

OCR's A Level in Physical Education will equip learners with both a depth and breadth of knowledge, understanding and skills relating to scientific, socio-cultural and practical aspects of physical education.

This requires them to:

- Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- Understand how physiological and psychological states affect performance
- Understand the key socio-cultural factors that influence people's involvement in physical activity and sport.
- Understand the role of technology in physical activity and sport.
- Refine their ability to perform effectively in physical activity and sport by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- Develop their ability to analyse and evaluate to improve performance.
- Understand the contribution which physical activity makes to health and fitness.
- Improve as effective and independent learners and as critical and reflective thinkers with curious and enquiring minds.