



NPA How to support your child

A Level PE Live Session

'For A level PE we aim to help develop students into 'scholar athletes'. This means that not only will they be given the platform to build their performance levels, they will also develop the underpinning theory knowledge to understand how and why this is possible. We aim to inspire an intellectual curiosity about sport, the history, the psychology and the boundaries of human performance.'



Welcome to NPA PE!

Meet the Team



Mr Kennedy
Anatomy &
Physiology



Mr Braby
Sports Psychology



Mrs Long
Skill acquisition &
Contemporary
issues



Mr Ogden
Anatomy &
Physiology



Curriculum Overview



Year 12	Anatomy & Physiology	Sports Psychology	Contemporary Issues
Half-Term 1	Joints, movements & muscles	Classification of skills	Emergence & evolution of modern sport
Half-Term 2	Muscle fibre types and types of contraction	Theories of learning	Ethics & deviance in sport
Half-Term 3	Cardiovascular system	Theories of learning	
Half-Term 4	Respiratory system	Goal setting in sports performance	
Half-Term 5	Ergogenic aids	Personality & attitudes	
Half-Term 6	Preparation & training methods	Goal setting in sports performance	



Curriculum Overview



Year 13	Anatomy & Physiology	Sports Psychology	Contemporary Issues
Half-Term 1	Preparation & training methods		Emergence & evolution of modern sport
Half-Term 2	Energy for exercise	Skill Acquisition	
Half-Term 3	Injuries & rehabilitation	Stress management	
Half-Term 4	Biomechanics		Commercialisation & media
Half-Term 5	EAPI		Routes to sporting excellence
Half-Term 6	EAPI		EAPI



A Level Specification



2a. OCR's A Level in Physical Education (H555)

Learners take Components 01, 02, 03, 05 and 06 to be awarded the OCR A Level in Physical Education.

Content Overview	Assessment Overview
H555/01 Physiological factors affecting performance This component will assess: <ul style="list-style-type: none">1.1 Applied anatomy and physiology1.2 Exercise physiology1.3 Biomechanics	Written paper: 2 hours 30% of total A Level 90 marks 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.
H555/02 Psychological factors affecting performance This component will assess: <ul style="list-style-type: none">2.1 Skill acquisition2.2 Sports psychology	Written paper: 1 hour 20% of total A Level 60 marks 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.
H555/03 Socio-cultural issues in physical activity and sport This component will assess: <ul style="list-style-type: none">3.1 Sport and society3.2 Contemporary issues in physical activity and sport	Written paper: 1 hour 20% of total A Level 60 marks 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.
H555/05 Practical Performances This component will assess either: <ul style="list-style-type: none">core and advanced skills in performing one activity or <ul style="list-style-type: none">core and advanced skills in coaching one activity.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.
H555/06 Evaluating and Analysing Performance for Improvement 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.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks 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.



Facilities

- Field
- Sports hall – 4x badminton courts and full-size basketball court
- Dance studio
- 3G
- Dual use of PUFC 4G facility and dome
- 2x Netball courts
- Fitness suite





How to support your child...

PE & Sport



Supporting your child



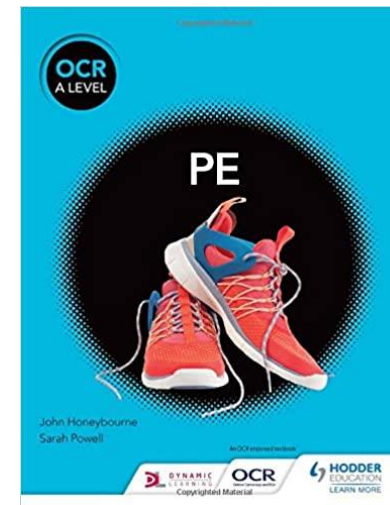
Ensure: They have the equipment and study materials required

Encourage: Them to volunteer time helping with extra-curricular clubs and gaining experience coaching, programming and leading in sport. To attend open days or experience days and learn more about pathways and careers in sport

Engage: In private study and homework tasks. In opportunities to participate in fixtures and trips to universities. In opportunities for work experience/experience days. Immerse in sport at home: live events, current issues etc.



The EverLearner





Key Dates



Half-Term	Anatomy & Physiology	Sports Psychology	Contemporary Issues
1	Y12: Joints, muscles & movement (W/C: 31/10) Y13: Preparation & training methods (W/C: 10/10)	Y12: Classification of skills (W/C: 17/10) Y13:	Y12: Y13: Paper 3 checkpoint (W/C: 31/10)
2	Y12: Musde fibre types (W/C: 6/12) Y13: Energy for exercise (W/C: 28/11)	Y12: Theories of learning (W/C: 12/12) Y13: Skill acquisition (W/C: 29/11)	Y12: Y13: Talent ID and Elite Sport Programmes (21/11)
3	Y12: Cardiovascular system (W/C: 30/1) Y13: Recovery & environmental effects (W/C: 9/1) - Mock Exam (W/C: 20/2)	Y12: Personality & attitudes (W/C: 20/2) Y13: Mock Exam (W/C 6/2)	Y12: Y13:
4	Y12: Respiratory system (W/C: 20/3) Y13:	Y12: Goal setting (W/C: 18/4) Y13: Paper 3 Practice (13/3)	Y12: Global Sporting Events (W/C 29/05) Y13: Modern technology in sport (W/C: 7/3)
5	Y12:Ergogenic aids (W/C: 22/5) Y13: Biomechanics (24/4)	Y12: Y13: EAPI & exam	Y12: Y13: EAPI & exam
6	Y12: End of year (W/C: 17/7) Y13: EAPI & exam	Y12: Y13: EAPI & exam	Y12: End of year (W/C: 10/7) Y13: EAPI & exam



Thank you for joining us!

We look forward to working with you

Any further questions, please email: akennedy@neneparkacademy.org