



## **OCR PHYSICAL EDUCATION**

**Staff delivering: H. Marren, R. McCubbin, S. Lindley and G.Hansom**

### **Course structure and assessment:**

The course is a linear course, meaning students will not sit external exams until the end of year 13. However, they will be assessed internally throughout their first year to monitor progress and to assess their suitability to move on to study PE in the second year.

### **A Level/ Year 13**

70% theory – 3 sections (assessed in 3 exams)

1. Physiological factors affecting performance
2. Psychological factors affecting performance
3. Socio-cultural issues in physical activity and sport

30% practical, including synoptic assessment (coursework talk)

### **Topics/Units studied:**

- Applied anatomy and physiology
- Exercise physiology
- Biomechanical analysis of performance
- Skill acquisition
- Sports psychology
- Sport and society/ Contemporary issues in physical activity and sport

## **Why study PE at Holderness Academy?**

- Personalised teaching
- Regular one-to-one progress meetings
- Student input into lessons and teaching
- Regular assessments and feedback
- One-to-one support sessions
- Coursework lessons that gradually develop performance analysis skills
- Different teachers and a range of teaching styles
- Easy communication with staff
- Staff with knowledge of your abilities and how you work
- Challenging but accessible work

## **Career Pathways:**

- Sports medicine - Sports physiotherapy/ Sports rehabilitation/ Sports massage
- Sports psychology
- Coach/ PE teacher
- Sports development
- School sports development
- Sports advertising
- Sports/ Olympic sponsorship
- Events development and management
- Sports officials
- Sports media/ Sports journalist
- Health and fitness instructor
- Sports scientist
- Performance analyst
- Health and safety
- Sports engineering
- Sports dietician
- Sports photography
- Sports administration

## Success

Due to the individual attention we are able to give our students we have achieved some excellent results in recent years, with a percentage of students achieving above their target grade every year. With consistently strong ALPS scores, our students can be sure that our department will do everything we can to help them achieve their potential. Our latest A2 cohort achieved ALPS 2, placing our results within the top 10% in the country.

## Alumni

*Vicky Sugden* - Achieved a 1st in Law at the University of Hull and is now continuing her training as a paralegal at a Hull-based Law firm whilst completing her master's degree.

*George H* - Studied BSc Sport and Exercise Science at the University of Derby

*Matthew Faulkner* - Studied Sports Coaching and Performance at the University of Hull and is now Head of recruitment and development for City of Hull Rugby.

*Nat G* - Joined the police force.

*Megan H* - Went on to study medicine at the University of Hull.

## Progression

As the A level PE course content is so varied it develops an extremely wide range of skills and understanding, providing an excellent platform for a range of further education courses and training, both within sport and other unrelated areas of study. We have had students that have achieved excellent grades in A level PE and then gone on to study Law, Psychology and Music at university, as well as students who have gone straight into the Police and the Navy.

