

# YEAR 13 TRANSITION: PE

**“If you fail to prepare, you’re prepared to fail.” – Mark Spitz**

**(USA 9-time Olympic swimming champion)**

In preparation for your next academic year, the PE Department would like you to do the following:

## **1) SHOPPING**

**(In this time of uncertainty – we might not be able to ‘share’ materials so it is important that you are equipped for lessons)**

- OCR A Level PE (Honeybourne and Powell) - £39.99
- My Revision Notes: OCR A Level PE (Keri Moorhouse) - £14.99 or cheaper
- OCR A-level Physical Education Student Guide 1: Physiological factors affecting performance (Sue Young) - £9.99
- OCR A-level Physical Education Student Guide 2: Psychological factors affecting performance (Michaela Byrne) - £9.99
- OCR A-level Physical Education Student Guide 3: Socio-cultural issues in physical activity and sport (Symond Burrows) - £9.99
- Folders (and dividers) to split the content of each Teacher’s module.
- Post-it Notes (normal squares and tabs) – to help with organisation and revision
- Pens/Pencils/Highlighters
- Pad of A4 lined paper

**N.B. If you are eligible for a bursary – you can purchase these items using that funding in the normal way, so keep any receipts.**

## **2) NEA PRACTICAL: PERFORMANCE IN PHYSICAL EDUCATION (1 SPORT/ACTIVITY) + EAPI**

- 1) Where possible continue to train/perform in your chosen sport or activity providing that this sport or activity appear on the OCR approved list.
- 2) Look to record additional video evidence if possible within social distancing guidelines.
- 3) EAPI Practice video – record yourself, as many times as possible after watching a video performance you have not seen before. Look for videos of players/teams that you have no prior knowledge of.
- 4) Ensure your competitive log is up to date, showing competitive participation in your sport including frequency and level of participation.

**3) REVISION OF YEAR 12 CONTENT** (You will sit the Year 12 Examination at the end of September as an in-class assessment and need to be prepared!)

- Email your teacher for the Y12 content or search specification for AS Level PE (H155) on google
- Revise using your existing notes and ensure they are ordered and filed in the correct module for effective revision.
- Attempt the practice exam questions provided by your teachers and familiarise yourself with the assessment structures (AO1, AO2 and AO3)
- Use revision textbooks and workbooks available to buy.
- Attempt a range of 10 and 20 mark questions provided by your class teachers and email them to staff to be marked with feedback

**4) READING FOR PLEASURE:** (Use this link for great resources as well as specifications and past papers)

<http://www.alevelpe.com/specifications.html>

Content Overview	Assessment Overview	
<ul style="list-style-type: none"> <li>• Applied anatomy and physiology</li> <li>• Exercise physiology</li> <li>• Biomechanics</li> </ul>	<p><b>Physiological factors affecting performance (01)*</b></p> <p>90 marks</p> <p>2 hour written paper</p>	<p><b>30%</b> of total A level</p>
<ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Sports psychology</li> </ul>	<p><b>Psychological factors affecting performance (02)*</b></p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> Of total A level</p>
<ul style="list-style-type: none"> <li>• Sport and society</li> <li>• Contemporary issues in physical activity and sport</li> </ul>	<p><b>Socio-cultural issues in physical activity and sport (03)*</b></p> <p>60 marks</p> <p>1 hour written paper</p>	<p><b>20%</b> of total A level</p>
<ul style="list-style-type: none"> <li>• Performance or Coaching</li> <li>• Evaluation and Analysis of Performance for Improvement (EAPI)</li> </ul>	<p><b>Performance in physical education (04)*</b></p> <p>60 marks**</p> <p>Non-exam assessment (NEA)</p>	<p><b>30%</b> of total A level</p>

## EFFECTIVE WAYS TO REVISE FOR PHYSICAL EDUCATION

	ACTIVITY	HOW TO USE – do 20-30 mins a day!
1	Read the specifications for each module: The power of KNOWING your course cannot be underestimated!	H155 (AS Level) H555 (A Level)
2	Learn/Practice EAPI	Make flash cards Make posters for your bedroom Record yourself speaking aloud - you can listen/watch these anywhere!
3	Quizlet	Make yourself or use existing quizzes to help you learn quotations, literary devices, contexts, plot or characters
6	The Everlearner, Youtube and Twitter	The Everlearner posts regular podcasts to cover various PE topics including revision podcasts on each topic/module. You can find lots of other student podcasts that offer different perspectives on texts on Youtube and Twitter.
7	Make your own podcasts	Record yourself explaining a character or the meaning of a quotation.
8	Practice Questions	Plan a response (planning grids or mindmaps) Practice a timed response Write a, 'perfect' paragraph for a specific Assessment Objective Make your own exam questions and mark schemes!
9	Wider Reading	Check Twitter Feed for useful websites or blogs. Use your folders: Mrs Biggar, Mr Black and Mr Jones have given you more than enough materials for Wider Reading.
12	Set up a Study Group	Revise with friends! Plan responses together, share revision resources etc. You can do this via Zoom, Whatsapp video or other conferencing forums/platforms
14	Posters	Make posters for your bedroom – energy cycles, psychological theories or historical periods.
15	Mindmaps	Make mindmaps of key theories, cycles, or any other content. Why not illustrate with images from the internet to aid your revision?
16	Postcards	These can be useful for key features and content of the A Level PE course
18	Ladders	AO specific activities to understand the differences between AO1, 2 and 3