



OCR A Level Physical Education (H555): Curriculum Overview

Year 12

Paper 1 — Component 01: Physiological Factors Affecting Performance (Mr McKay)

Term	Topic studied	What will I learn?	How will I be assessed?	Wider reading:
Year 12 Autumn	Applied Anatomy & Physiology 1.1.a Skeletal and muscular systems	<i>Joints, movements and muscles</i> - Shoulder, elbow, wrist, hip, knee and ankle joint actions - Prime movers (agonists) responsible for each joint action - Planes of movement: frontal, transverse, sagittal <i>Functional roles of muscles and types of contraction</i> - Roles of muscles: agonist, antagonist, fixator - Types of contraction: isotonic (concentric, eccentric), isometric <i>Analysis of movement</i> - Analysing movement with reference to joint type, movement produced, muscles involved and contraction type <i>Skeletal muscle contraction</i> - Structure and role of the motor unit - Nervous stimulation: motor neuron, action potential, neurotransmitter, the 'all or none' law <i>Muscle contraction during exercise and recovery</i> - Muscle fibre types: slow oxidative, fast oxidative glycolytic, fast glycolytic - Recruitment of fibre types during exercise of differing intensities and during recovery	1.1.a – Skeletal and Muscular systems - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Young (2019) OCR A-level PE Student Guide 1 - Wilmore & Costill – Physiology of Sport and Exercise - BBC Bitesize – A Level PE (bbc.co.uk/bitesize)
	Applied Anatomy & Physiology	<i>Cardiovascular system at rest</i> Heart rate, stroke volume, cardiac output and how to calculate each	1.1.b – Cardiovascular and Respiratory systems	Powell & Honeybourne (2019) OCR A Level PE – core textbook

	1.1.b Cardiovascular and respiratory systems	- The cardiac cycle (diastole, systole) and the heart's conduction system Cardiovascular system during exercise and recovery - Effects of differing exercise intensities and recovery on heart rate, stroke volume and cardiac output - Vascular shunt mechanism, vasomotor centre, arterioles and pre-capillary sphincters - Mechanisms of venous return; neural, hormonal and intrinsic regulation of heart rate Respiratory system at rest - Breathing frequency, tidal volume, minute ventilation and how to calculate each - Mechanics of breathing at rest: diaphragm, external intercostals Respiratory system during exercise and recovery - Effects of differing intensities of exercise and recovery on breathing frequency, tidal volume and minute ventilation - Additional muscles used in inspiration and expiration during exercise - Neural and chemical control of breathing; gas exchange at the alveoli and muscles	- Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Wilmore & Costill – Physiology of Sport and Exercise - McArdle, Katch & Katch – Exercise Physiology: Nutrition, Energy and Human Performance - BBC Bitesize – A Level PE (bbc.co.uk/bitesize)
Year 12 Spring	Exercise Physiology 1.2.a Diet and nutrition	Diet and nutrition - Function and importance of carbohydrates, proteins, fats, minerals, vitamins, fibre and water - Energy intake, expenditure and energy balance Ergogenic aids - Pharmacological aids: anabolic steroids, EPO, human growth hormone - Physiological aids: blood doping, intermittent hypoxic training, cooling aids - Nutritional aids: carbohydrate loading, creatine, caffeine, bicarbonate, nitrate	1.2.a – Diet and nutrition - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Bean – The Complete Guide to Sports Nutrition - McArdle, Katch & Katch – Exercise Physiology: Nutrition, Energy and Human Performance - BBC Bitesize – A Level PE (bbc.co.uk/bitesize)

	Exercise Physiology 1.2.b Preparation and training methods	<i>Aerobic training</i> • Aerobic capacity (VO2 max) and factors affecting it • Methods of evaluating aerobic capacity and training methods (continuous, HIIT) • Physiological adaptations from aerobic training <i>Strength and flexibility training</i> • Types of strength and flexibility, methods of evaluating each • Training methods used to develop strength and flexibility <i>Periodisation and lifestyle diseases</i> • Periodisation cycles (macro/meso/microcycle) and phases of training • Impact of training on lifestyle diseases (CHD, stroke, atherosclerosis, asthma, COPD)	• 1.2.b – Preparation and training methods • Continuous class teacher assessment through classwork and homework tasks • End of unit test on completion of each topic • Past paper questions and exam-style extended response practice	• Powell & Honeybourne (2019) OCR A Level PE – core textbook • Coyle (1999) 'Physiological determinants of endurance exercise performance', Journal of Science and Medicine in Sport • Jones & Carter (2000) 'The effect of endurance training on parameters of aerobic fitness', Sports Medicine • UK Strength and Conditioning Association (uksca.org.uk)
Year 12 Summer	Biomechanics 1.3.a Biomechanical principles	<i>Biomechanical principles</i> • Newton's three laws of motion applied to sporting movement • Force, free body diagrams, centre of mass and stability	• 1.3.a – Biomechanical principles • Continuous class teacher assessment through classwork and homework tasks • End of unit test on completion of each topic • Past paper questions and exam-style extended response practice	• Powell & Honeybourne (2019) OCR A Level PE – core textbook • Young (2019) OCR A-level PE Student Guide 1 • Bartlett – Introduction to Sports Biomechanics • PE Scholar (pescholar.com)
	Biomechanics 1.3.a Levers and use of technology	<i>Levers</i> • Components of 1st, 2nd and 3rd class lever systems and mechanical advantage <i>Analysing movement through the use of technology</i> • Use of limb kinematics, force plates and wind tunnels to analyse and optimise performance	• 1.3.a – Levers and use of technology • Continuous class teacher assessment through classwork and homework tasks • End of unit test on completion of each topic	• Powell & Honeybourne (2019) OCR A Level PE – core textbook • Bartlett – Introduction to Sports Biomechanics • PE Scholar (pescholar.com)

			• Past paper questions and exam-style extended response practice	
	Intro Non-Exam Assessment (whole cohort) EAPI delivery & Component 02/03 revision	<i>Introduction to Evaluating and Analysing Performance for Improvement (EAPI)</i> • Learners are introduced to the requirements of the Evaluating and Analysing Performance for Improvement (EAPI) assessment. They observe a live or recorded performance by a peer in either their own assessed activity or another activity from the approved activity list before practising how to analyse and critically evaluate performance. • Learners begin to apply knowledge and understanding from across the A Level course, including Components 02 (Psychological Factors Affecting Performance) and 03 (Socio-cultural Issues in Physical Activity and Sport), to justify strengths, weaknesses and areas for improvement. • This introductory task familiarises students with the assessment expectations, which are internally assessed and externally moderated.	• The EAPI (Component 06) is internally assessed and externally moderated (postal or digital upload moderation) • Worth 15% of the total A Level, weighted up to 45 marks	• Powell & Honeybourne (2019) OCR A Level PE – core textbook (all three components) • Young (2019) OCR A-level PE Student Guides 1–3 – to support analysis across all components

Papers 2 & 3 — Components 02 & 03: Psychological Factors and Socio-cultural Issues (Mr McNamee)

Term	Topic studied	What will I learn?	How will I be assessed?	Wider reading:
Year 12 Autumn	Skill Acquisition 2.1 Classification of skills; Types and methods of practice	<i>Classification of skills</i> - Placement of skills on continua: difficulty, environmental influence, pacing, muscular involvement, continuity, organisation <i>Types and methods of practice</i> - Part, whole, whole-part-whole, progressive-part, massed, distributed, fixed and varied practice	2.1 – Classification of skills; Types and methods of practice - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Young (2019) OCR A-level PE Student Guide 2 - Honeybourne (2006) Acquiring Skill in Sport: An Introduction - Hodges & Williams (2012) Skill Acquisition in Sport: Research, Theory and Practice
	Skill Acquisition 2.1 Transfer of skills; Principles and theories of learning	<i>Transfer of skills</i> - Positive, negative, proactive, retroactive and bilateral transfer - Optimising positive transfer and limiting negative transfer <i>Principles and theories of learning movement skills</i> - Operant conditioning, cognitive theory of learning, Bandura's social/observational learning	2.1 – Transfer of skills; Principles and theories of learning - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Honeybourne (2006) Acquiring Skill in Sport: An Introduction - Hodges & Williams (2012) Skill Acquisition in Sport: Research, Theory and Practice
	Skill Acquisition 2.1 Stages of learning; Guidance; Feedback	<i>Stages of learning</i> Characteristics of the cognitive, associative and autonomous stages <i>Guidance</i>	2.1 – Stages of learning, guidance and feedback - Continuous class teacher	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Hodges & Williams (2012) Skill Acquisition in

		- Types and uses of verbal, visual, manual and mechanical guidance Feedback - Types and uses of intrinsic, extrinsic, positive, negative, knowledge of performance and knowledge of results feedback	assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	Sport: Research, Theory and Practice Honeybourne (2006) <i>Acquiring Skill in Sport: An Introduction</i>
	Skill Acquisition 2.1 Memory models	Memory models - Atkinson and Shiffrin's multi-store memory model and selective attention - Craik and Lockhart's levels of processing model, applied to learning and performing skills	2.1 – Memory models - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) <i>OCR A Level PE – core textbook</i> - Hodges & Williams (2012) <i>Skill Acquisition in Sport: Research, Theory and Practice</i>
	Sports Psychology 2.2 Individual differences	Individual differences - Personality (trait, social learning, interactionist) and attitudes - Motivation (intrinsic/extrinsic) and arousal (drive, inverted U, catastrophe theory) - Anxiety (state/trait, somatic/cognitive), aggression (instinct, social learning, frustration-aggression, aggressive cue) and social facilitation	2.2 – Individual differences - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) <i>OCR A Level PE – core textbook</i> - Woods (1999) <i>Applying Psychology to Sport</i> - Weinberg & Gould – <i>Foundations of Sport and Exercise Psychology</i>

Year 12 Spring	Sports Psychology 2.2 Group and team dynamics; Goal setting	<i>Group and team dynamics in sport</i> - Formation of groups: forming, storming, norming, performing - Steiner's model of group effectiveness; Ringelmann effect and social loafing <i>Goal setting in sports performance</i> - Importance and effectiveness of goal setting; the SMART principle	2.2 – Group and team dynamics; Goal setting - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Weinberg (2002) 'Goal setting in sport and exercise: Research to practice' - Zaichkowsky (2004) 'Arousal in Sport', Applied Psychology - Weinberg & Gould – Foundations of Sport and Exercise Psychology
	Sport and Society 3.1 Emergence and evolution of modern sport; Global sporting events	<i>Emergence and evolution of modern sport</i> How social and cultural factors (class, gender, law, education, time, money, transport) shaped sport in pre-industrial, industrial, 20th century.	3.1 – Sport and society - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Powell & Honeybourne (2019) OCR A Level PE – core textbook - Young (2019) OCR A-level PE Student Guide 3 - Polley (1998) Moving the Goalposts: A History of Sport and Society Since 1945 - Coakley & Pike – Sports in Society: Issues and Controversies
Year 12 Summer	Sport and Society (cont) 3.1 Emergence and evolution of modern sport; Global sporting events	<i>Emergence and evolution of modern sport</i> - How social and cultural factors (class, gender, law, education, time, money, transport) shaped 21st century Britain - Globalisation of sport <i>Global sporting events</i> - Background and aims of the modern Olympic Games; political exploitation of the Games	3.1 – Sport and society - Continuous class teacher assessment through classwork and homework tasks - End of unit test on completion of each topic - Past paper questions and exam-style extended response practice	- Houlihan & Malcolm – Sport and Society: A Student Introduction - Horne, Tomlinson, Whannel & Woodward – Understanding Sport: A Socio-cultural Analysis - BBC Sport (bbc.co.uk/sport)

		Positive and negative impacts of hosting global sporting events		
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General Revision Resources (All Components)

Not tied to a single component – useful for revision across all three papers.

- My PE Exam – YouTube channel (youtube.com/channel/UCtQWDngwhYgmMjKyzZy2dUQ), also available at youtube.com/c/Mypeexam
- The PE Tutor – YouTube channel (youtube.com/channel/UCUVsiR-1u_oSZ32CHQmD4Ug)
- James Morris – YouTube channel (youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw)
- Everlearner – tutorials and knowledge checks (everlearner.com)
- Teach PE – A Level PE Revision (teachpe.com/a-level-pe-revision)