

6th Form Preparation work for A-Level PE OCR – Exam board Week 1 and 2

Please return completed work to Mr Davis: p.davis@ralphallenschool.com



Read and become familiar with the specification – OCR A level PE

There are 3 theory aspects of the course:

1. Physiological factors
2. Psychological factors
3. Social-cultural issues

* There is the practical component which involves practical performance in one chosen sport and an evaluation and analysis of performance.

General

Time: 30 mins



Listen to Podcasts discussing topical sports talking points. 'Sportsworld' and 'Flintoff, Savage and the

Ping Pong Guy', both available on BBC Sounds.

Psychology of sport:

Time: 40 mins



sport.

Watch the clip that describes what a continuum is and all the different types of continuums used to classify

<https://www.youtube.com/watch?v=iWEuG9BuoOA>

Psychology of sport: Skill classification

Time: 30 minutes



Watch 'Olympic Values and Hosting Major Games' video clip on you tube.

https://www.youtube.com/watch?v=CtLeRZ4_2Tk

Socio- cultural aspects:

Time: 50 mins



Complete

Create a table for the 3 main synovial joints

	Ball and Socket	Hinge	Condylloid
Description			
Examples in the Body			
Bones that create the joint			

Physiological factors

Time: 1 hour



Listen to the podcasts on the 'Rise of Olympism' and 'A Level Playing Field'.

<https://www.bbc.co.uk/sounds/play/b01b9h7c>

Socio- cultural aspects:

Time: 40 minutes



Complete for your **major sport** – identify three core skills eg. Tackling in rugby/hockey and describe

3 major coaching points for those skills. For one of those skills identified describe a series of practices/drills (5-6) that could be used to develop that skill.

Practical coursework NEA

Time: 1 hour



Complete a mind map of the different classifications of sport. Include image of different sports skills and

explanations as to why they are a particular classification. The YouTube clip above will help you to do this

Psychology of sport: Skill classification

Time: 30 minutes



Read

Brianmac.co.uk

Anatomy and Physiology – The Skeletal System and The Muscular System

Physiological factors

Time: 1 hour



Watch the two clips below and it will help you complete the activity later

Joints and Movements by James Morris on Youtube 24:09

Joint Action and Muscles by James Morris on Youtube 26:05

Physiological factors

Time: 50 mins



Complete

Task: Look up what these joint movements are. Describe and give a sporting

example. **Present in table form.** Flexion/Extension/Abduction/Adduction/Horizontal Flexion/Horizontal Extension/Medial Rotation/Lateral Rotation/ Circumduction/ Dorsiflexion/Plantar flexion

Physiological factors

Time: 50 mins