



# A LEVEL PHYSICAL ED.

## THEORY

# 2021-22

3 OCR Theory Papers:

**Paper 01: 30% (2 hours)**  
Applied Anatomy & Physiology  
Exercise Physiology  
Biomechanics

**Paper 02: 20% (1 hour)**  
Sports Psychology  
Skill Acquisition

**Paper 03: 20% (1 hour)**  
Sport & Society  
Contemporary issues in PA & Sport



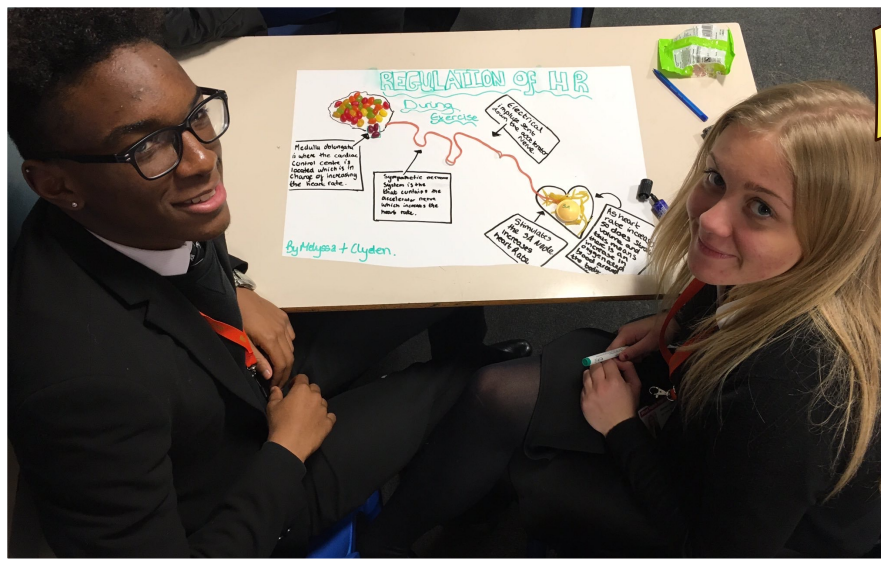
## PRACTICAL

Students **MUST** be competitive in **ONE** sport (must be from OCR activity list).

Students are recorded & moderated via video & cluster moderation day (Year 2).

Marked out of /30 (15% of Grade)

\*Athletics, swimming & cycling are marked 75% on time/distance & 25% on technique.



## E.A.P.i

**Evaluation & Analysis of sporting performance For improvement (15%)**

Oral examination (Approx 30 minutes)

Analysis of live/ recorded sports performance to include theory learnt.

Create a viable development plan for sporting improvement.



