

Course title: Physical Education OCR

Academic year:	2026
Course Venue:	The Weston Road Academy
Course Type:	A-level
Duration:	2 years

Course Description:

The A-level Physical Education course allows learners to study Physical Education in an academic setting, enabling them to critically analyse and evaluate their physical performance and apply their knowledge of physical activity in developing their knowledge and understanding of the subject. The course is largely centred on the study of both the physiological and psychological issues that impact upon sporting performance as well as the ever changing socio-cultural climate in which physical activity and sport is based. As part of the course, learners will evaluate and analyse sporting performances and develop a systematic development plan to facilitate improvement.

Course Content:

Unit 01 - Physiological Factors Affecting Performance.

90 marks	2 hours written paper	30% of Overall Qualification
<ul style="list-style-type: none"> • Applied Anatomy and Physiology • Exercise Physiology • Biomechanics 		

Unit 02 – Psychological Factors Affecting Performance.

60 marks	1 hour written paper	20% of Overall Qualification
<ul style="list-style-type: none"> • Skill Acquisition • Sports Psychology 		

Unit 03 – Socio-Cultural Issues in Physical Activity and Sport.

60 marks	1 hour written paper	20% of Overall Qualification
<ul style="list-style-type: none"> • Sport and Society • Contemporary Issues in Physical Activity and Sport 		

Unit 04 – Performance in Physical Education

60 marks	Non Exam Assessment	30% of Overall Qualification
<ul style="list-style-type: none"> • Performance or Coaching • Evaluation and Analysis of Performance for Improvement 		

Unit 01 – Physiological Factors Affecting Performance

This unit focuses on developing the learner's knowledge of the science behind physical activity. This includes the structure and function of key systems in the human body, the forces that act upon us and the adaptations we make to our bodies through diet and training regimes.

Through the study of this component, learners will gain a deeper understanding of key systems in the body and how they react to changes in diet and exercise. They will also study the effects of force and motion on the body and how these effects can be used in physical activities to our advantage.

Unit 02 – Psychological Factors Affecting Performance

This unit focuses on the psychological factors affecting physical activities and sports. This includes models and theories that affect learning and performance in physical activities, how different methods of training and feedback work and why their effectiveness differs from person to person. It also includes psychological factors affecting group dynamics and the effects of leadership and stress on performers.

Through the study of this component, learners will gain a deeper understanding of the underlying psychological factors that influence our performance in physical activity and sport. They will learn how to apply the theories to practical examples, giving guidance and feedback in constructive ways that are suited to that individual's personality; therefore assisting in developing practical performance in physical activities and sports.

Unit 03 – Socio-cultural Issues in Physical Activity and Sport

This unit focuses on the sociological and contemporary issues that influence and affect physical activity and sport for both the audience and the performer and how sport affects society. It includes the emergence and evolution of modern sport and how social and cultural factors shaped the characteristics of sports and pastimes in pre-industrial and post-industrial Britain.

The impact of the modern Olympic Games will be understood as well as the impact on society of hosting global sporting events. The ever-evolving modern technology and its influence on sport performers and spectators will be understood and practical examples will be used by learners to show the effect of modern technology

Unit 04 – Performance in Physical Education

Learners are internally assessed through the Non Exam Assessment in one practical activity (either performing or coaching one chosen activity from the approved lists) and the Evaluation and Analysis of Performance for Improvement (EAPI).

Learners are required to demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

The Evaluation and Analysis of Performance for Improvement (EAPI)

In addition to a practical performance, learners will be assessed in the Evaluation and Analysis of Performance for Improvement (EAPI). Learners will observe a live or recorded performance by a peer in either their own assessed performance activity or another activity from the approved list.



Through observation, learners will provide an oral response analysing and critically evaluating their peers' performance.

Entry requirements:

The standard entry criteria to study in the sixth form are a 9-4 in at least seven different subjects, including English and mathematics, which would usually be at grade 4 or above.

To study other subjects already taken at GCSE you must achieve at least a grade 5 or above in that subject.

Assessment:

Assessment Objectives:

AO1 – Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO2 – Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

AO3 – Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

AO4 - Demonstrate and apply relevant skills and techniques in physical activity and sport.
- Analyse and evaluate performance.

Future opportunities:

- Prepare learners for the further study of Physical Education, Sports Science or Social Science at degree level.
- Direct link with areas such as psychology, sociology and biology.
- Suitable for those that intend to pursue a career for which an understanding of the human body or human behaviour is desirable.
- Other potential avenues include sport and physical activity, PE teaching, Physiotherapy, Personal Trainer, Sports Coach, High level Sports Performer, Dietician, Sports Analyst and Sport Policy.
- Learners will develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of the sports and physical activity industry.
- Skills that Physical Education students:
The ability to analyse and evaluate; enhance both verbal and written communication skills; develop social skills, foster a love for physical activity and maintaining a healthy, active lifestyle.

Further information:

To find out more about this qualification, contact us, ask your Connexions Personal Adviser or school/college careers staff.

