



OCR A Level PE Summer Work 2021

Congratulations on joining our A Level PE course!

The following tasks are designed to get you thinking about our course, content and how you will be assessed during it. We look forward to working hard with you in September.

Have a great summer!

Please send on all completed work to r.moxon@tuptonhall.org.uk

Learner Task 1

OCR's A Level in Physical Education (H555)

Please locate the OCR exam specification for our A level course. Download a copy of it and then please print it out and set up your own A level PE folder.

Learner Task: Now spend some time familiarising yourself with the exam specification in order to complete the following questions.

Answer the following questions....

Question 1 How many exams will you take at the end of the course?

Question 2 What are the weightings/percentages for each exam paper?

Question 3 Is there any Non Examined Assessments or coursework in the A Level PE course?

Question 4 What is topic title for 1.1a, 1.2 and 2.1?

Question 5 How many different sports are allowed to be used for this A level? Is your sport on the list?

Learner Task 2

Self Analysis Task or EAPI.

Watch this clip: <https://www.youtube.com/watch?v=DxvGC4AeOWI&feature=youtu.be>

EAPI is a crucial part of the course and requires you to be able to observe and analyse a performance. I want you to have a go at analysing yourself!

Using the 'Self Review' template can you imagine that you have just observed yourself in your favoured sporting activity. **Now complete the writing frame** detailing your ability by telling us about your levels of skill. fitness (including your physical attributes) and tactical understanding of your sport. Try to add 2 examples for skill strength and skill weakness and 2 positives/negatives for fitness and so on...

Task 2 A level PE Self Analysis

Using the following template can you imagine that you have just observed yourself in your favoured sporting activity.

Now complete the writing frame detailing your ability via your skills, fitness (including your physical attributes) and tactical play.

Skills	Skill positives Quality and range of skills observed	Skill negative What was not executed well? What key skills were missing?
Fitness	How well do they use their physical attributes e.g. fitness levels, body type and psychological control <i>Levels of fitness Did their fitness level help them or hinder them Body type/height and weight Sports psychology e.g. personality, motivation, arousal, anxiety...how did this help the performer?</i>	Fitness negatives... Did these have a negative impact on performance e.g. knocked off ball, low AC leading to decreased performance

Learner Task 3 Practical NEA

Can you now click on the link below to the section of the A Level PE specification known as NEA Guidance. We are keen to know a little bit about you in terms of your chosen sport in which you intend using for this A level. What I need is to gauge how good you are according to the view of you, your PE teacher and or coach.

<https://www.ocr.org.uk/Images/234840-guide-to-non-exam-assessment-as-and-a-level.pdf>

What we require is that you complete the Practical This will require getting in touch with your PE Teacher from school or your coach from your club to then provide you with a practical score out of 30.

If you can then complete the log of participation, standard of play and player position details too.


Practical NEA Sport A level Assessment Grid						
Level	Range skills	Quality skills	Physical Attributes	Decision Making	Effective Performance	Overall Grade
6						
5						
4						
3						
2						
1						
0						

Final Learner Task

Create or find a blank image of the body and label the following muscles.

Knowledge and understanding of planes of movement, the roles of muscles and types of contraction will be developed. Learners will also be

able to analyse movement in physical activities and sport applying the underlying knowledge of muscular contraction.

Topic area	Content
Joints, movements and muscles 	<ul style="list-style-type: none"> • shoulder: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, horizontal flexion/extension, medial and lateral rotation, circumduction ○ deltoid, latissimus dorsi, pectoralis major, trapezius, teres minor • elbow: <ul style="list-style-type: none"> ○ flexion, extension ○ biceps brachii, triceps brachii • wrist: <ul style="list-style-type: none"> ○ flexion, extension ○ wrist flexors, wrist extensors • hip: <ul style="list-style-type: none"> ○ flexion, extension, abduction, adduction, medial and lateral rotation ○ iliopsoas, gluteus maximus, medius and minimus, adductor longus, brevis and magnus • knee: <ul style="list-style-type: none"> ○ flexion, extension ○ hamstring group: biceps femoris, semi-membranosus, semi-tendinosus ○ quadriceps group: rectus femoris, vastus lateralis, vastus intermedius and vastus medialis • ankle: <ul style="list-style-type: none"> ○ dorsi flexion, plantar flexion ○ tibialis anterior, soleus, gastrocnemius