

OCR A Level Physical Education & EDEXCEL BTEC Level 3 Sport Extended Certificate

Task & Activity	OCR A Level Physical Education	EDEXCEL BTEC Level 3 Sport Extended Certificate
 <p>Access a series of websites and social media forums to form background knowledge on your chosen course</p>	<p>www.pecentral.org www.teachpe.com www.afpe.org.uk www.ocr.org.uk</p>	<p>www.sportengland.org www.brianmac.co.uk www.edexcel.com</p>
 <p>Analyse a performance during a competitive sporting game. Look out for strengths and areas in which they could improve</p>	<p>There is a direct link to the Evaluation of Performance for Improvement (EAPI) unit of Physical Education. This is worth 30% of the grade and requires excellent knowledge and understanding of your chosen activity. It is combined with the practical sporting performance.</p>	<p>Throughout the course you will study at least one unit (Unit 2 – Fitness Training & Programming) which focuses on the practical performance of an athlete. In order to achieve the higher grades you will need an understanding of skills in specific sports and activities.</p>
 <p>Volunteer or play at a sports club. <i>Evidence must be showed in the form of a log book.</i></p>	<p>All students have to plan in advance the sport which they wish to be assessed in. They are required to speak to teachers in Physical Education and provide background information on when and where the sessions will be. This contributes towards 30% of the final mark.</p>	<p>Unit 4 – Sports Leadership</p> <p>Unit 7 – Practical Sports Performance</p> <p>Unit 4 requires students to plan, lead and evaluate small sessions in order to meet the assessment criteria whilst Unit 7 requires students to take part in sport to showcase their practical ability.</p>
 <p>Learn the rules, regulations and fitness requirements for your two chosen sports</p>	<p>Will enable you to describe and explain the key features of the sport/activity which you wish to be assessed in. Considering this forms 30% of the final mark it is a vital task that should be completed before beginning the course.</p>	<p>Will support you through all units which you study;</p> <p>You will need to be able to make reference to the fitness requirements for selected sports to use in examples when compiling extended writing in examinations and assignments.</p> <p>Unit 1 – Anatomy & Physiology</p> <p>Unit 2 - Fitness Training and Programming for Health, Sport and Well-being</p>



Increase physical fitness over the summer months by taking part in at least 20 hours of intense exercise

In order to achieve the higher grades in the practical component (30%) students **MUST** show **GOOD** levels of physical fitness as well as consistently representing clubs/team outside of the Academy. This will lead to a greater quality of performance being produced in assessments.

A number of units are studied which look at physical fitness and the impact it can have in sport, two examples are listed below;

Unit 2 - Fitness Training and Programming for Health, Sport and Well-being

Unit 5 – Application of Fitness Testing

It is essential that you record all of the tasks and activities which you complete over the summer. This will enable you to provide evidence to your teachers when returning in September.