



A Level Physical Education

PE Transition

Before commencing the course, it would be a good idea to have some background in what you are going to study. One of the biggest factors that pupils find difficult, is the level of knowledge required and the academic nature of the course. Therefore, we would advise you to acquire the following:

The level of demand is well above that of the GCSE PE course so please refer to the specification to ensure you are acquiring the depth of knowledge required at this level. (See below for the link to the OCR Specification)

- Knowledge of the major bones and muscles of the Human Skeleton
- Understand what is meant by antagonistic muscle action
- Have a working knowledge of the Heart and Circulatory System
- Understand the three energy systems and how each system is used in your chosen sport.

Read **one** of:

- Bounce: The Myth of Talent and the Power of Practice by Matthew Syed
- Mind Gym: An Athlete's Guide to Inner Excellence by Gary Mack and David Casstevens
- The Sports Gene: Talent, Practice and the Truth About Success by David Epstein
- *Books are available in hardback, paperback or Kindle editions.*

In addition:

- Understand the rules / laws of the practical activity that you will select.
(One sport for A Level)
- Have knowledge of the history and development of your chosen sports.
- Watch and analyse performers in one of your chosen sports such that you can make an oral comment on the strengths and weaknesses in terms of skills, tactics and fitness.

The A Level OCR Specification is detailed in the link below:

<http://www.ocr.org.uk/Images/234833-specification-accredited-a-level-gce-physical-education-h555.pdf>

Below is a list of websites that you might find useful:

www.mypeexam.org



www.everlearner.com

www.teachpe.com

www.thesportselite.com/articles/learning.html

www.sportscoachuk.org

www.uksport.gov.uk

Individual sport governing bodies e.g. www.englandhockey.co.uk

Twitter accounts to follow:

@ReviseAlevelpe

@QeAlevelPE

@PremSport_Psych

@sportinmind

@MindinSport

@AnatomyPal

Yours sincerely,

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