

A photograph of a basketball player in a blue Carmel jersey with the number 11, dribbling a basketball on a gymnasium floor. Another player in a blue Carmel jersey with the number 9 is visible in the background. The Carmel College logo is in the top right corner.

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college

Inspiring minds.
Shaping futures.

PHYSICAL EDUCATION

COURSE GUIDE 2017

“Champions keep playing
until they get it right.”

BILLY JEAN KING

Physical Education

Exam Board: OCR

What will I study?

Throughout the course you will develop your knowledge and understanding relating to scientific, socio-cultural and practical aspects of PE. This will include understanding the physiological and psychological states that affect performance, the role of technology in contemporary sport and the socio cultural factors that influence people's involvement in physical activity and sport.

The **physiological element** of the course involves investigation into human anatomy and physiology, how the body responds to a range of physical activities and the application of biomechanics in sport. **This makes up 30% of your total marks and culminates in a 2 hour written exam worth 90 marks.**

The **psychological area** of the course includes skill acquisition, investigating how performers learn skills in sport and an in-depth look into sports psychology. This looks at the role psychology plays in preparing athletes mentally for the challenges and demands of sport, to ensure they remain focussed and confident. It also looks at the use of coping strategies to ensure an optimal mental state to maximise performance. **This makes up 20% of your total marks and culminates in a 1 hour written exam worth 60 marks.**



College Netball Team 2015/16

Socio-cultural studies examines contemporary issues in physical activity and sport. This involves studying social barriers to sport, values in sport, global sporting events, ethical consideration regarding the use of drugs and other modern technological products in sport and violence in sport. **This makes up 20% of your total marks and culminates in a 1 hour written exam worth 60 marks.**

You will complete synoptic assessments in each area of the course which will require you to make connections between different elements of the subject, drawing together knowledge, skills and understanding that you develop throughout your two years studying PE.

The performance element of your course comprises of 30% of the overall marks. This includes practical assessment of your skills and overall effectiveness in your chosen sport as a performer or coach and an Evaluation and Analysis of Performance for Improvement (EAPI).

Your EAPI assessment will require you to use the skills and knowledge that you have developed throughout the course, and of your specialist sport, to complete a verbal analysis of a performer, identifying strengths and weaknesses in their performance and then creating a viable action plan to improve performance.

How will I study?

The PE department promotes independence in learning and requires you to take responsibility for your own progress. As part of this, you will make initial notes before studying topics in class and revision notes at the end of topics. You will track your progress in written assessments completed both at home and in lesson time.

The PE department uses video tutorials, online assessments and social media to support you both in and out of the classroom.

You will enhance your learning with a 'Stretch and Challenge' activity provided at the end of each topic. Wider reading is also provided to enable you to achieve your potential.

Our students say...

Carmel has a friendly atmosphere and I felt welcome from day one. In the PE department they are willing to give you all the support you need.

The tutors make sure you work hard to reach your maximum potential. They offer a wide range of trips and activities such as skiing, Sports Tour and university trips. We recently went to Edge Hill University which helped me decide on possible future career choices and Further Education options. There are facilities for a wide range of sports including the 3G pitches, Sports Hall and the Gym, which is a great place to visit in your college free periods to support your sports performance. After college I hope to go to university to study Sport Science and aspire to become either a Physiotherapist or a Sport Psychologist.



Leah Tarbuck
The Sutton Academy

Studying:
Physical Education, Biology, Psychology

Specialist Sport:
Swimming
(St Helens Swimming Club)



College Basketball Team 2015/16

How will I be assessed?

Any good sports performer needs to constantly test themselves and reflect upon performance in order to improve their overall effectiveness. Similarly, any good student needs the same rigorous approach to ensure constant improvement is made. In light of this, assessment is an important part of your studies in PE. You will undergo regular assessment in lessons through the use of questioning, the completion of quizzes and past exam questions as well as online assessments. This extends outside the classroom to the completion of Development Packs which contain past paper questions. Assessment is done in a supportive environment and involves peer and self-assessment to facilitate teacher assessment and improve your knowledge of the exam.

You will complete three examinations which make up 70% of your overall mark. The remaining 30% of your marks will come from your practical assessment. There is a wide range of DFE approved activities included on the specification in which you can be practically assessed, either as a performer or a coach.

Practical assessments will be conducted in lessons and in planned moderations. You will also be required to provide video evidence of your sports performance.

Where does this course lead?

Approximately half of our PE students go on to Higher Education to carry on with sport related degree courses ranging from teaching to sport science or sport development. Physiotherapy has also been a popular avenue for our learners to follow. In recent years we have seen a number of our students go on to study sport at some of the most prestigious sporting universities in England including; Loughborough, Durham, Liverpool John Moores, Edge Hill and Leeds Metropolitan Universities. The remaining 50% of students have used their A Level in PE to go on to study other degree courses spanning as wide a field as medicine and accountancy.



College Football Team 2015/16

What is the PE department like?

The department is equipped with all the facilities required to deliver a modern day sport course. This includes 3G pitches, outdoor playing fields, sports hall and a newly refurbished state of the art fitness suite. All students have access to the latest resources, produced for effective delivery and understanding, which are regularly updated by our hardworking, passionate and creative department.

How will I enrich my studies?

All sport students are encouraged to get involved with the Enrichment Programme and, in particular, the sporting opportunities on offer. The range of activities available is extensive from the more recreational, available throughout the week e.g. five-a-side football, table tennis, or badminton, to the competitive fixtures in rugby, football, basketball and netball. The department also runs an annual ski trip and organises a number of charity events. Involvement in these activities will be incredibly rewarding and enjoyable.

Our students say...

I think the best part of Carmel is that they get the balance right between independence and support. You are no longer treated as a child, but as a young adult. At the same time, the teachers are always there at any point of the day to help you.

As soon as I began the course I knew it was for me, the lessons are always engaging and the teachers are very supportive. We are challenged every week and the teachers always ensure we fully understand before moving on. Although the content for the course is sometimes difficult, due to the resources, we are always fully prepared, particularly for the summer exam.

At the beginning of the year I visited Edge Hill University with the PE department. This was a very helpful visit for me as it gave me an insight into life at university and made me consider what path to take next.

Without a doubt the most impressive part of Carmel is the lengths each teacher will go to help you. No matter how busy they are, they will always find a time in the day to assist you.



Elliot Jenkins
Wade Deacon

Studying:
Physical Education,
Maths, History

Specialist Sport:
Rugby League
(St Helens RLFC)



Our students say...

I really enjoy the atmosphere at Carmel. The college is really relaxed and all of the staff are extremely approachable so you feel really comfortable.

I would recommend PE as it is easy to apply to your sport and it supports you in improving with your performance as you have an in-depth knowledge of social, physical and psychological factors that can affect an athlete's performance. You are also provided with opportunities to engage in sports and physical activities outside of lesson times with activities such as netball, football, badminton and running club, to name but a few. The support at Carmel has really impressed me. I train extensively for my cycling which places a lot of pressure on my time and staff have given me lots of help and advice on organising my revision and provided a number of tutorials and revision conferences to ensure that I will be successful in my exams. I hope to go university after Carmel to study Primary Teaching and continue performing in my sport.



Savannah Morgan
Rainford High

Studying:
Physical Education,
English Literature,
Maths

Specialist Sport:
Cycling (Team 22)
Ranked 2nd in junior
division nationally

Frequently Asked Questions

How good do I have to be practically?

To study A Level you are required to practice sport on a regular basis. **Regular club performance in one sport is a requirement of the course.** You will need to maintain this involvement throughout the duration of your studies.

What sports are assessed?

You can be assessed in a range of sports including individual activities such as gymnastics, contemporary dance, boxing or athletics, team sports including; handball, hockey, football, netball and rugby and a range of specialist activities including wheelchair basketball and boccia.

The range of activities has narrowed for the new specification but can be found on the DfE list of approved activities.

How successful are Carmel's students?

We are incredibly proud of the fantastic grades achieved by students studying with us in PE. The results in 2016 for AS PE are classified as 'Outstanding', with 55% of our students achieving an A grade in their examination and 65% of students achieving A-B grades overall. In addition to this, 100% of students successfully passed the A2 PE examination, many of whom have gone on to study sport programmes at university.

Annual Ski Trip

At Easter thirty students and five staff members departed Carmel in high spirits for the annual ski trip, bracing themselves for a week of exciting snow activities and of course ski lessons in Prato Nevoso, Italy. The students had an amazing time and all the beginners made excellent progress, with most experiencing the difficult black runs by the end of the week! The intermediate skiers were challenged throughout the trip and progressed so much that they joined up with the advanced group at times. The advanced skiers were entertained through games and challenges as the week progressed and were treated to a night skiing view of Italy! In the evening the students enjoyed snowshoeing, tubing, night skiing and a fancy dress themed party, in which all staff and students made a fantastic effort!! Next year's trip promises to be just as exciting and entertaining with new evening activities and potentially the snow train into the resort!



What are the entry requirements for this course?

Grade B in GCSE PE or a **Merit in BTEC Sport** (if you have not studied these, you must be participating in a sport at club level) plus **GCSE grade B in Science** and **grade 4 in English Language**.

Meet the Tutors

Kate McDonnell
Head of Department

Jemma Garvin
PE Tutor

Jamie Hampson
PE Tutor

Lisa Wiswell
Sports Assistant



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More Information

A detailed course specification is available on the exam board website - www.ocr.org.uk