

OCR A-Level PE - Overview Sheet

Paper 1

30%

Paper 2

20%

Paper 3

20%

Practical

30%

Theory/Exam

**Paper 1 -
Physiological Factors Affecting Performance**

**Applied Anatomy and Physiology
Exercise Physiology
Biomechanics**

2 hours. 90 marks total.



**Paper 2 -
Psychological Factors Affecting Performance**

**Skill Acquisition
Sports Psychology**

1 hour. 60 marks total.

**Paper 3 -
Socio-cultural Issues in Physical Activity and Sport**

**Sport and Society
Contemporary Issues in Physical Activity and Sport**

1 hour. 60 marks total.



Practical

**Part 1 - Performance Assessment
(Practical Performance)**

**You will be assessed in one activity as
a player/performer on your technical
execution of relevant skills and
application of strategies/tactics
within the sport.**

30 marks.

**Part 2 - The Evaluation and Analysis of
Performance for Improvement**

**You must analyse and evaluate either your
own performance or someone else's for an
activity.**

**This can be written format, Powerpoint
presentation or interview.**

30 marks.

90 marks total.

