



OCR A-LEVEL PE

LEARNING JOURNEY



KNOW IT



UNDERSTAND IT



APPLY IT



EXCEL

Your journey through OCR A-Level PE over Years 12 and 13.

Learn. Grow. Perform.

YEAR
12

AUTUMN TERM

SPRING TERM

SUMMER TERM

PAPER 1

PHYSIOLOGY
OF EXERCISE



- 1 Skeletal and muscular systems
→ EOUT
- 2 Cardiovascular and respiratory systems
→ EOUT
- 3 Diet, nutrition and ergogenic aids
→ EOUT
- 4 Preparation and training methods
→ EOUT
- 5 Part 2 – preparation and training
→ EOUT
- 6 Biomechanics
→ EOUT
- 7 Technology and biomechanics
→ End of Y12 examinations (mocks) in June

PAPER 2

PSYCHOLOGY
FOR PE



- 1 Sports psychology – individual differences (personality and aggression)
→ EOUT
- 2 Sports psychology – individual differences (arousal, attitudes, social facilitation)
→ EOUT
- 3 Skill acquisition – skill classification, types of practice, stages of learning
→ EOUT
- 4 Skill acquisition – theories of learning, feedback and guidance
→ EOUT
- 5 Skill acquisition – theories of learning, feedback and guidance
→ EOUT
- 6 End of Y12 examinations (mocks) in June & EAPI revision

PAPER 3

SOCIO-CULTURAL
ISSUES IN SPORT



- 1 Emergence and evolution of modern sport and pre-industrial sport & pastimes
→ EOUT
- 2 Emergence and evolution of sport; post 1850 industrial Britain
→ EOUT
- 3 20th century sport and pastimes, modern Olympics part 2
→ EOUT
- 4 21st century sport and pastimes
→ EOUT
- 5 Global events: modern Olympics and hosting global events
→ EOUT
- 6 End of Y12 examinations (mocks) in June

YEAR
13

AUTUMN TERM

SPRING TERM

PAPER 1

PHYSIOLOGY
OF EXERCISE



- 1 Energy for exercise, environmental effects on body systems
→ EOUT
- 2 Linear and angular motion, fluid dynamics, and injury prevention
→ EOUT
- 3 New technology, diet, nutrition, and ergogenic aids
→ EOUT

PAPER 2

PSYCHOLOGY
FOR PE



- 1 Sports psychology – leadership in sport, team dynamics, attribution
→ EOUT
- 2 Sports psychology EAPI, social facilitation, stress management
→ EOUT
- 3 Memory models recap, goal setting, Vealey's Model
→ EOUT

PAPER 3

SOCIO-CULTURAL
ISSUES IN SPORT



- 1 Contemporary issues in sport – ethics and deviance, drugs and doping, violence in sport, gambling in sport
→ EOUT
- 2 CLEGITT Emergence of sport refresh and new C21
→ EOUT
- 3 Contemporary issues in sport – routes to sporting excellence in the UK, modern technology
→ EOUT



All will be followed by practical moderations and EAPI during this term.

Revision and exam preparation will be the remainder of content covered during the second half of the spring term, into the summer term, until the summer exams.



KNOW IT • UNDERSTAND IT • APPLY IT • EXCEL
Prepare today, perform tomorrow. Be the difference.

