

Physical Education

- 1. View our courses here
- 2. Exam board specification: https://www.ocr.org.uk/qualifications/as-and-alevel/physical-education-h155-h555-from-2016/
- 3. Suggested reading list, websites, pod casts, films etc.

OCR A Level PE (Year 1 and Year 2) Author: John Honneybourne, Sarah Powell ISBN: 9781510473317 Publisher: Hodder Education

My Revision Notes: OCR A Level PE Author: Keri Moorhouse ISBN: 9781510405219 Publisher: Hodder Education

OCR A Level Physical Education Student Guide 1: Physiological factors affecting performance Author: Sue Young **ISBN:** 9781510472082 Publisher: Hodder Education

OCR A Level Physical Education Student Guide 1: Psychological factors affecting performance Author Michaela Byrne ISBN: 9781510472099 **Publisher:** Hodder Education

OCR A Level Physical Education Student Guide 1: Socio-cultural issues in physical activity and sport Author Symond Burrows **ISBN:** 9781510472105 Publisher: Hodder Education

www.teachpe.com















Film	Broadley Speaking	Unit relevance and rating	
Money Ball	Read the book first but the film is	Unit 2 Sports coaching	
litollog Dull	nearly as good. Brad Pitt does a half	Unit 5 Performance	
	decent job as the Oakland All Stars	analysis/ talent ID	
Baseball	manager, who gets the team to the		
Duscouli	world series by applying a scouting	Very Good	
	methodology that allegedly changed		
	baseball.		
https://www.youtube	e.com/watch?v=AiAHlZVgXjk Trailer		
Mcfarland USA	Uplifting film about Cross country	Unit 1 Anatomy	
	running; another true story and Kevin	Unit 2 Sports coaching	
Cross country	Costner – what is not to like! A real	ome 2 spons couching	
cross country	feel good film.	Very Good	
		very cood	
https://www.youtube	e.com/watch?v=J9AGAeo1pTo Trailer		
The undefeated	Real life documentary about an	Unit 3 Sports organisations	
	American football team who have	and development	
	never made the play offs. An	Unit 17 sports injuries	
	interesting insight into coaching and		
American football	the lives and struggles of the athletes.	Excellent	
https://www.imdb.co			
Rocky I-5	Any excuse to watch the good old	Unit 2 sports coaching	
Creed I/II	rags to riches rocky film. Try and		
	watch them in ordersome		
	excellent training montages.	All Good	
Boxing			
https://www.imdb.co	om/title/tt3076658/		
Remember the	An inspirational film on how a	Most units H555/02/03	
titans	divided society and coaching team		
	can come together through sport and		
	make a difference.	Excellent	
American football			
https://www.imdb.co	om/title/tt0210945/		
The English game	The rationalisation of a sport. Great	Unit 3 / H555/03	
Netflix series	for PE Socio-cultural issues. The		
	beginnings of the game.	Very good	
Football			
https://www.netflix.	com/gb/title/80244928		
Dodgeball	Well remember to dodge duck dip	Very good	
Dodgeball (of	dive anddodge. great fun		
course!)			
https://www.imdb.co	om/title/tt0364725/		













4. A summer learning activity/task

One aspect of A level PE that you will study in the first term is movement analysis

Movement analysis involves an understanding of the skeletal and muscular system and how they work together to provide movement in sport. For example, the movement analysis involved in kicking a football or tennis serve.

You will be required to answer a movement analysis question in your exam. This question will require the following information....

Task 1: Joint Types and Articulating Bones

To allow you to gradually build up your knowledge there are **four tasks** that build on one another. Whilst there is repetition between tasks, this is deliberate and aims to reinforce some learning through repetition.

For task 1, you have to identify the **synovial joint type** and **articulating bones** in a series of common joints found in the body.

Key Terms

A **synovial joint** is a joint that allows a wide range of movement and which is composed of two or more bones which exist in a joint capsule.

Articulating bones are bones that move against one another within a joint.

Complete the table below

Joint	Joint type	Articulating bones
Elbow		
Knee		
Ankle		
Shoulder		
Нір		
Wrist		









Task 2: Adding joint movements

There are a series of possible movements that can occur at joints. These vary from joint to joint based on the **type** of joint, the **shape** of the joint and the **connective tissues around the joint** (ligaments, tendons & muscles). The most common joint movements are identified below.

Define each joint movement.

Joint movement	Definition
Flexion	
Extension	
Abduction	
Adduction	
Dorsiflexion	
Plantar flexion	
Rotation	
Horizontal abduction	
Horizontal adduction	











Now add possible joint movements (**only from the above list**) to the table below. The number of spaces in the final column indicates the number of joint movements possible at the named joint.

Joint	Joint type	Articulating bones	Joint movements	
Elbow				
Knee				
Ankle				
AIIKIC				
Shoulder			1.	5.
			2.	6
			3.	7.
			4.	_
Нір			1.	4.
			2.	4.
				_
			3.	
Wrist				











Task 3: This involves adding the agonist muscle (Print this task after completing)

The first two sections that you have completed will give you an insight into A level PE and you will use that knowledge to complete tasks 3 and 4

Student name: ____

Complete the table below by finding the **agonist** muscle. The muscle that causes the joint movement

Joint	Joint type	Articulating bones	Joint movement	Agonist muscle(s)
Elbow				
Knee				
Ankle				
Shoulder				
			Horizontal adduction	
Нір			Rotation	Subscapularis/infraspinatus
			Rotation	Gluteus medius/ Gluteus maximus
Wrist				

Task 4: Applying theory to practice (Print this task after completing)











Well done if you have got this far! The final task involves taking what you have learnt and applying it to a series of sporting pictures to test your application of knowledge.

Example: in the upward phase of a bench press the table would be as below:-



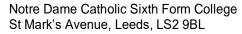
Upward phase of bench press

Joint	Joint Type	Articulating bones	Joint movement	Agonist	Muscle contraction type
Elbow	Hinge	Humerus, radius & ulna	Extension	Triceps brachii	Concentric
Shoulder	Ball & socket	Scapula and humerus	Horizontal adduction	Pectoralis major & anterior deltoid	Concentric

The Vertical Jump. Complete the box below based on what is shown in the picture



Joint	Ankle	Knee	Hip
Joint type			
Articulating bones			
Joint movement			
Agonist			
Muscle contraction type			













Biceps Curl- Upward phase. (Picture B) Complete the box below based on what is shown in the picture



Joint	t	Joint type	Articulating bones	Joint movement	Agonist	Muscle contraction type

Well done on completing the summer work



