



VISION: *To encourage maximum participation through an inclusive curriculum, inspiring students to fulfil a lifelong, healthy active lifestyle.*

	Foci	Assessment	Knowledge Organiser
Component 1	<p><u>Physical factors affecting performance</u></p> <p>Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.</p> <p>There are two topics:</p> <ul style="list-style-type: none">• Applied anatomy and physiology• Physical training.	<p>Written paper set and marked by OCR</p> <p>60 Marks</p> <p>1 hour</p> <p>30%</p>	<p>Paper 1</p>



Component 2	<p><u>Socio-cultural issues and sports psychology</u></p> <p>Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.</p> <p>There are three topics:</p> <ul style="list-style-type: none">• Socio-cultural influences• Sports psychology• Health, fitness and well-being.	<p>Written exam paper set and marked by OCR</p> <p>60 Marks</p> <p>1 Hour</p> <p>30%</p>	<p>Paper 2</p>
Component 4	<p><u>Practical performances</u></p> <p>Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.</p>	<p>Practical exam</p> <p>All day</p> <p>OCR Assessed</p> <p>30%</p>	
Component 5	<p><u>Analysis and evaluation of performance (AEP)</u></p> <p>Students are required to demonstrate their ability to analyse and evaluate their own or a peers practical performance to produce an action plan for improvement.</p>	<p>Controlled assessment internally assessed and moderated by OCR exam board</p> <p>10%</p>	