



Welcome to the Hills Road Sixth Form College Physical Education Handbook

It's good to have you with us and we want you to enjoy the next two years and to ultimately end up with a grade you can be proud of in Physical Education.

However we also want you to gain more than just a qualification:

We want you to learn more about sport and improve your own performance; we want you to become more aware of the role sport plays in the world today; we want you to understand the role that sport can play in other peoples' lives and **we want you to have fun!**

This handbook provides vital information towards these aims. The following notes are intended to give you some idea of what to expect during the course and to provide some basic advice on the most effective way to study. Your teachers will follow up the points made here and you should always ask if you need help.



What do I need to know or be able to do?



It is **not** a requirement that you should have studied Physical Education at GCSE or related courses in order to take an A level course in the subject. Several topics covered in the course are developments of the work covered at Key Stage 4 but others are new. What is more important is that you have a lively and enquiring mind, an interest in Physical Education and Sport, a willingness to explore new ideas and an ability to communicate your ideas effectively.

Staff – Who will I be taught by?

There are two of us who deliver the Physical Education course. Both will teach you each year:



Ayden Duffy (ASD)

Head of Sport

BA (Hons) Education and Sport – Bishop Grosseteste University, Lincoln

QTLS Physical Education (Sheffield Hallam Uni)

Ex professional goalkeeper – Lincoln City/Cambs Utd
i/c Football, Volleyball, Basketball

Favourite Sports: Football, Motor sports, Volleyball, Skiing Man Utd fan (part-time!)

There are other members of staff in the Sport Dept. that you will meet throughout the course or during college sport. These include: Linda Swain (Sport Administrator & netball coach), Ahmad Ansari (Football Coach), Frances Balaam (Volleyball Coach), Matt Dowling (Basketball Coach), Rory Finlayson, Gareth Streeter & Adrian Medd (Rugby Coaches); Nigel D’Cruz (Hockey Coach) and our Sports and mentoring assistant – TBC.



Mrs Seton-Rogers (CER)

Teacher of Physical Education

BA (Hons) Loughborough University- Sports Science and English

Favourite Sports - Gymnastics, Swimming, Netball, Dance, Cheerleading, but I love all sport to be honest!

Newcastle United Supporter (because my husband makes me!)



Mrs Keen (LMK)

Teacher of Physical Education

BSc (Hons) Southampton University – Sport and Exercise Science

Secondary PE PGCE – University of East Anglia

Favourite Sports – Netball, swimming, skiing and badminton



Linda Swain (LIS)

Sport Administrator and Netball Coach

Main responsibility to increase active participation amongst the wider college population. Also oversees Gifted and Talented students and Sports leadership and management programmes.

Favourite sports: netball, touch rugby, most sports!



Catherine Owen (CSO)

Sports Curriculum Coordinator

BA (Hons) Bangor University – Sport, Health and Physical Education

Favourite sports: Cricket and hockey

What examinations and coursework will I have to take to get my qualification?

A Level

The course is made up of 4 components of assessment:

Component 1 – Scientific Principles of Physical Education – exam assessed - 40% (140 marks 2 ½ hrs)

Component 2 – Psychological & Social Principles of Physical Education – exam assessed - 30% (100 marks 2 hrs)

Component 3 – Practical Performance coursework – one sport – 40 marks – 15%

Component 4 - Performance Analysis & Performance Development Programme coursework – 40 marks – 15%

So what will I be studying?

Year 1 Component 1

The first section will develop the student's knowledge and understanding of Applied anatomy and physiology, Exercise physiology and applied movement analysis and Biomechanics.

Examples of areas of study include:

Neuromuscular System

Muscle fibre types and characteristics, fibre recruitment patterns, sliding filament theory, responses and adaptations of the neuromuscular system, structure of the neuromuscular system.

Preparation and training methods

Periodisation, principles of training, methods of training, training intensities, determinants of running, fitness testing, Karvonens theory, contemporary technologies.

Nutrition and weight management

Dietary manipulation for performance, optimal weight for performance, contemporary supplements, strategies for ensuring recovery, carbohydrate loading, cholesterol, drugs.

Year 1 Component 2

The second section encourages the student to develop their knowledge and understanding of how competitive sport has developed over time. This is followed by developing an understanding of the nature and development of skills in sport. You will develop an understanding of coaching and learning theories and in applied situations understand the role of feedback and the important of guidance in developing skill.

Examples of areas of study include:

Development of Sport pre 1800 through to the 20th century

Mob games, popular recreations, Impact of Industrial Revolution, the modern Olympic Games, international sports festivals

21st century

Globalisation of sport, Olympic case study, increase in commercialism and media influence, sponsorship, advertisement and endorsement (eg problems of Montreal games followed by 'Hamburger games' of 1984), 'Americanisation', TV (influence of/on sport, impact of non-terrestrial networks)

Skills Acquisition

Coaching styles, Classification of skills, Learning theories, Practices, Guidance and Feedback

Year 1 Coursework – Practical Performance

Throughout the year you will be expected to collect video evidence supporting your standard of performance. (Skills in isolation and a minimum of half a match unedited or equivalent for other activities) Tuesday p.3 training slots and matches are good times to collect this data. The department has an ipad and telescopic camera mast that can be booked out for this purpose. You will be assessed twice in Year 1 and also assessed in Year 2, the best assessment will count towards your final grade.

Year 1 Coursework – Performance Analysis

In the role of performer or coach you will investigate two components of a physical activity (Physiological & either technical or tactical) to evaluate & analyse your own performance strengths and weaknesses, producing a targeted area for development that will form the basis of your Year 2 coursework.

Year 2 – Components 1 and 2

You will build upon your knowledge from Year 1 exploring in greater detail Exercise physiology and Sport & Society additionally you will study areas of biomechanics, sports injury and sport psychology

Applied Anatomy

Energy systems, fatigue and recovery

Exercise Physiology & Biomechanics

Injury prevention & rehabilitation

Linear motion, angular motion, projectile motion, fluid mechanics

Sport Psychology

You will develop an understanding of the role that sports psychology has in facilitating optimal sporting performance. Central to this topic will be the ongoing debate between nature and nurture. You will also have an opportunity to explore some of the techniques that our elite performers are using to maximise performance.

Topics include:

Personality; Attitudes, Arousal and Anxiety, Aggression, Motivation, Social Facilitation, Group Dynamics, Goal Setting, Leadership

Sport & Society

The relationship between sport & the media

Ethics and deviance in sport

Talent Identification through to Elite Sport – comparative with other sport systems e.g. Former East Germany/Australia

The assessment for components 1 and 2 is two examination papers which are set and marked by Edexcel.

The paper will be a question-and-answer booklet and all questions in the paper are compulsory.

Paper 1 - Scientific principles of Physical Education –40% (140 marks 2 ½ hrs)

Paper 2 - Psychological & Social Principles of Physical Education –30% (100 marks 2 hrs)

Year 2 Coursework

Component 3 – Practical Performance – (see Year 1)

Component 4 – Performance Development Programme

Leading on from Year 1 Performance Analysis you will design, perform and record a training programme aimed at enhancing your performance

Internally assessed, externally moderated – 15%

You will be given the full specification details at the beginning of each unit. Further information can be found on

<http://qualifications.pearson.com/en/qualifications/edexcel-a-levels/physical-education-2016.html>



The PE sharepoint is a good place to start!

How should I keep my notes and files?

Your notes are the key to success – keep them well and they will look after you!

Two teachers will teach you and will teach different areas of the course.

Each area needs its own section within a file and its own index. This will help when it comes to revision and answering exam type questions.

At the end of the two years you will be able to fill at least two lever arch files with your Physical Education notes. It is therefore worthwhile buying a lever arch file and some dividers now.

If you are unsure about how to arrange your notes, then ask. We will check your notes and files at half term and during progress reviews.

You should not bring all your notes to each lesson with you. **However, notes from the previous lessons (on the same topic) should be brought into class** but all notes related to previous topics should be filed in your lever arch file and kept safely at home.

You should read through the notes for the previous lesson before each lesson to remind you about the key issues being covered.

Each lesson usually starts with a quick recap (often a mini test) of the previous lesson so be prepared!

Whatever the type of notes you are using, remember these key points:

- **Keep each teacher's notes separate (use dividers)**
- **Make colourful and space out – the easier they are to revise from**
- **Above all, keep them tidy and up to date!**
- **Date all work, it helps to keep them in order**

What books and resources will I be using?

You will not be given a set text, although it is recommended that you purchase your copy of **Edexcel PE for A Level. Year 1 Revised third edition**
Dennis Roscoe (author), Jan Roscoe (author) ISBN: 9781911241119
Paperback (12 Oct 2018) £22.99

Other major sources of information include:

PE & the Study of Sport – Davis & Bull (1995)

There is an enormous range of material for your use for all your homework and coursework you will need access to for your PE course. Sharepoint is always a good start.

Everlearner (Online) is another major source that you will use throughout the course. You will be expected to use this source to prepare for many lessons

This means you will have to use the Library!!!!

Perhaps more than most subjects you will need to borrow resources from the library and the sooner you become familiar with the resources there, the better!! There is a useful link to the library resources on the PE portal page..

The Sport and Physical Education section starts with index number 796

The Library has a useful digital search facility that will help locate resources. When using the library, please be considerate to others and place the books back in the appropriate section!

Other Resources

What other course that you study has at least 7 pages of every daily newspaper dedicated to it and has an ever-growing number of channels and internet sites broadcasting it 24/7!

Because of this, everybody has a 'view' about sport. How are their views formed? Mostly from the avenues already mentioned, as often the articles and programmes are written by experts and so make them very useful. Some however, are not. You, as a PE student, must be able to distinguish between the two. This obviously takes time but you would be very well advised to become familiar with the sports pages of a 'quality' newspaper, e.g. **Independent, Telegraph, Times, Guardian and Observer**. Most of the 'quality' newspapers have daily sports supplements and are even better at the weekend. The **Observer** publishes the award winning **Sport Monthly**. This is well worth a read! Unfortunately the Star and Mirror whilst entertaining to find out who Real Madrid or Man City are buying that week, and having a role to play in the way sport is perceived, do not provide much qualified comment. Each paper can be accessed on the internet e.g. www.guardian.co.uk/football. There are many useful sport blogs but again you will need to make judgements about the reliability of information these sites contain. Some recommended ones include: Flintoff, Savage and the **Ping Pong Guy Podcast**. Syed discuss topical **sports** talking points, **The Edge**, explores the unique talent and occasional darkness that drives elite performance Hosted by professional footballer Joey Barton.

Other programmes you will find useful to use are Transworld Sport on Channel 4, and Radio 5 (693/909 MW) has lots of sporting opinion information and debate throughout the week. You can download radio podcasts to listen to and save as well.

The **Internet** has a wealth of sporting information that may help you with homework and coursework, or may just be a good read. You can subscribe (free) to a number of online publications, newsletters and RSS feeds. Recommended sites include:

<http://www.bbc.co.uk/sport/0/>

- you can sign up for a daily or weekly newsletter

www.uksport.gov.uk – subscribe (free) to their weekly e-newsletter to keep up to date with elite sport

You need to ensure that you manage your outlook account at college as these newsletters can quickly fill your account. You might find it better to have these e-mails sent to your home e-mail account that is likely to have a bigger storage capacity.

You are now a student of Physical Education – pay attention to what goes on in sport, it's all around you!!

Don't just ask what, WHY is a far more interesting question e.g. What city is hosting the 2022 Football World Cup? Why?! Opens up debate

What happens if the going gets tough?

'A' Levels are different from GCSE's:

- They are harder
- You need to work more on your own
- You need to read more (not just one or two textbooks!)
- You need to work longer hours, but also be able to manage your time effectively, be able to prioritise work
- You need to take more responsibility for your own learning



All these things can be a bit overwhelming – certainly to start with until you get the hang of things...but make no mistake, 'A' Levels are not easy, and this includes Physical Education.

Therefore you may need some help; so what can you do?

On your own

If you don't understand something first time round, do not panic! Read your notes, re-read your notes and ask classmates to see if you have got it right. Often you get some great help from other students. Have a look in a textbook to see if it explains it differently. Go through the Everlearner video again.



Ask

Ask us, preferably straight away. No teacher minds being asked questions and you are probably doing at least half the class a favour because they don't understand either! If you would rather ask us individually, ask at the end of the lesson; we tend to be very busy so we may need to agree a time later – don't be intimidated; we have to do this otherwise we would never get anything else done (but before you come, make sure you have followed the advice above).

Ask us for some references or reading suggestions, which you can get from the library, or better still, see if you can find these resources yourself. Check the resources on share point.

*'He who asks is a fool for five minutes,
but he who does not ask remains a fool forever.'*

Workshops

These take place in **the PE Classroom on Monday, Thurs and Friday lunchtimes**. Some may be taught, if it is a topic which is known to be tricky, or may be individual, in which case just let a teacher know what you want help with. The workshop can be used to help you with anything that you are finding difficult. This may be homework, coursework, re-visiting problematic topics. There will also be revision-based workshops in the build up to an exam period.

Study Skills Centre

Next to the Library is the very well equipped Study Centre and we have worked closely with the team in the past; some of our best students have used them to ensure they

produce the best standard of work possible, ranging from essay writing to note taking. Well worth an appointment!

We take the work as seriously as the play and we have Presentation, Reference, Homework and Assessment Policies for every student of PE; you must read and most importantly adhere to them.

How should I present my work?

All homework and coursework should be:

- **Named with Set number on the first sheet**
- **Stapled, paper clipped, wire-tied or in an A4 wallet (No loose pages)**
- **Be fully referenced (see next page)**
- **Handed in with draft if second submission**



There are over 100 students of Physical Education over two year groups in 6 sets, with only the 2 of us teaching you. It will make our lives a lot easier if you can follow these 4 simple points every time you submit work.

Deadlines

A date will be given for the completion of work. If the teacher forgets to give a date, ask them. For homework it will usually be a week later, all coursework dates are on the scheme of work. The hand-in in date for these is usually **a Monday**.

Not all work will be marked directly by the teacher; some will be marked in class, some will be added to your own notes for your own benefit; not all work will be checked up on – it is your responsibility to see that all work set is completed.

If you cannot meet a deadline then speak to your teacher **before the deadline** is reached and it will be negotiated. Failure to do this will be viewed seriously and will be referred to your tutor.

Staff are busy people and will not disrupt their planned work schedule to mark late work.

Staff reserve the right to refuse to mark assignments not completed by the set deadline in the event of no good reason and no attempt at re-negotiation by the student.

What is the Department's 'Homework' and Assessment Policy?

- Every student will be expected to do an average of 5 hours independent (home) work per week. This includes reading and directed work.
- Independent (home) work will normally be set every week by each teacher and a date given by which it must be completed. (usually a week)

- A date will be given by which the teacher intends to return the marked work in line with the College Charter.
- All Independent work, tests, coursework and presentations will be set at the end of each unit and these will be recorded on file in the PE office for viewing at Parents' consultations and staff-student Progress Review.
- Homework will not normally be set for half-term holidays. However, every student will be expected to start each new half term with all work, including reading and notes organised, up to date.
- Most pieces of work (except factual tests) will be marked according to the mark schemes as supplied by Edexcel.

Marking Symbols

The department uses a common set of marking symbols to draw attention to inaccuracies in your written work.

P = Punctuation with error indicated

PI = Plagiarism (see below)

Ref = incorrect referencing

Vg = Vague

Sp = Spelling with the error indicated

Gr = Incorrect grammar

IRR = Irrelevant information to answer

Plagiarism

Is a big No No! – You must avoid the temptation of simply copying texts from books or from the Internet. Plagiarism is easy to spot, as there are so many of you using similar sources. Those not referencing are in fact plagiarising. This could result in your coursework being disqualified. There is no problem using texts and the Internet as long as you always acknowledge the sources you are using in quotations and reference. The Awarding Body will scan all of your coursework and see which parts have been taken from sources in texts and on the Internet. If you have not referenced them, you will get a zero. **Make referencing a habit.**

How to Reference

You will be expected to use the Harvard system of referencing for all of your work. This is as follows:

Within your coursework or homework (after a quote or information gained from a specific source in quotation marks) the author and year of publication should follow in brackets e.g. "Sport has become irreversibly linked with commercial factors and big business." (Cashmore, 2000)

Then at the end of your work you must include a reference list in alphabetical order of all the sources that you have used. In this example it would be written as:

Cashmore, E. (2000) *Making Sense of Sports* (Third Edition) London, Routledge.

If a book has more than one author, in the text it is written as Galligan et al (2000) then the full author list is included in the Reference List at the end of your work

Galligan, F., Maskery, C., Spence, J., Howe, D., Barry, T., Ruston, A. & Crawford, D. (2000) *Advanced PE for Edexcel* London, Heinemann.

If you are using information from a website see if there is an author, for example if you are using a Guardian newspaper article the journalist will usually be quoted. If this is the case then just write the reference as if it were a book e.g.

Mackay, D (2005) Police seek leak in raid on Conte, Guardian, 18th July 2005

If however the information appears to have no author then just put the full website e.g. www.brianmac.demon.co.uk

Don't panic about referencing – you will be given more support as the term progresses, but you should remember that it is not optional. Work can and will be given a zero if it is found to be plagiarised.

What else goes on? What should I know about?

Physical Education is a very diverse subject and therefore we cannot be experts in everything! We therefore try and where possible get visiting speakers in to talk to you. These speakers range from various sports development officers, fitness consultants and university specialists discussing their latest research. These people often give up time in their extremely busy lives to come and share their expertise and experience with you. In return we ask for your attention and involvement in the topic of their talk – there's nothing worse than a 'dead' audience – so please make sure you ask questions. You never know you may find them interviewing you for a job in a few years time!

Organised trips include: Team Building activities, and visits to Sport Labs. We have had specialist sport scientists in and we hold various inter-PE group competitions such as the annual Rounders, and Dodgeball tournaments.

We have an excellent relationship with Anglia Ruskin Sport Science Department and we are regularly involved in some of their Research, giving you access to the sports labs and expertise. We will continue to work closely with their department.

National Governing Body Awards

A number of courses will take place at Hills Road (both officiating and coaching) but you need to look out for courses on the notice boards for the dates. Those with coaching awards will be in demand in the summer for coaching courses/summer camps. Contact Linda Swain (College Activator) or www.livingsport.co.uk for coaching information.

Work Experience

For those, wishing to have a career in sport it is very important that you start developing your CV with work experience. We will highlight when opportunities become available, however please be proactive yourself. The Sport centre often has paid opportunities, so please contact them to find out more. However it is just as important to volunteer and get involved in other areas. Possibilities are being elected onto the Subject Representative Committee, the Sports Committee, being involved with Copa Del Hills, or running intra-college tournaments. The department also have contacts with a number of Physiotherapists in the area that it might be possible to do some shadowing with.

Clothing

As you should be aware, studying A Level PE is very different from GCSE. Most lessons will take place in the classroom. When practical lessons are planned you will be warned in advanced to bring kit. We do not have any PE subject specific clothing, please wear suitable clothing. However, it is likely that most of you will purchase a college sports hoodie, details available at Societies Fair.

Remember sport centre facilities can be booked throughout the day when you have a free period. So there is no excuse not to be active! Appropriate sport clothing must be used when using the centre.

Health and Safety

We will be carrying out certain tests of physical performance throughout the course and these can be potentially hazardous. It is essential that you adhere to the following guidelines at all times during practical sessions.



- At all times consider the health and safety of others
- Do not carry out, or encourage others to carry out, any procedure which may be at the dangerous limits of physical performance
- Always follow the safety rules and advice for use of specific equipment
- Always ensure that you are wearing the appropriate clothing

In addition we ask you to sign a general informed consent form – Make sure this is returned!!

Subject Committee

This is a group of students selected by you to represent your views to us. We like to think that we are pretty approachable but this is a more formal way of talking about the subject and listening to your suggestions. The committee meets once a term. Minutes are posted on the PE sharepoint. This committee should not be confused with the **Sports Committee**, which is a representative forum for the College Sports Teams. The Sports Committee has its own budget and representatives are usually team captains.

Podium – You will find a number of resources labelled Podium. This is the collective name given to resources/activities for students looking for more ‘stretch’ in the course. It maybe you are thinking about applying to study a sport-related course at university and you are looking to enhance your CV. Or it might simply be you find a particular topic interesting and wish to delve a little further into the topic. If you find any resources that you think could be added to the Podium collection please let a member of staff know.

Glossary

The following terms are used frequently during the course.

Coursework – this refers to your work that counts toward your final grade. All coursework falls into component 3 & 4 of the course. Worth 30% of your overall grade.

Progress Review – this is how you and staff monitor your progress in PE. This involves discussions with your teachers and agreed comments (reviews/targets) documented on a progress review form.

Scheme of Work – this is a course outline, which informs you of the topic that will be covered each week/lesson. You should refer to the scheme of work to also look ahead for coursework deadlines.

Specification – this is the term for what used to be called syllabus/syllabi. The specification gives you a detailed breakdown of the course content. At the end of each unit you should check that you have all the necessary notes.

Workshops/Surgeries – these are lunchtime sessions (Monday/Thursdays/Fridays) where you can seek additional help. Sometimes the workshops will be a taught session covering a specific topic (e.g. aspects of coursework) other times they run on a drop-in basis. Here you can get individual help with Independent (home) work, coursework or catch up on work covered if you missed a lesson.



As a PE student we want you to work hard, play hard and have fun along the way. We look forward to working with you over the next two years.