

Physical Education (Edexcel) -

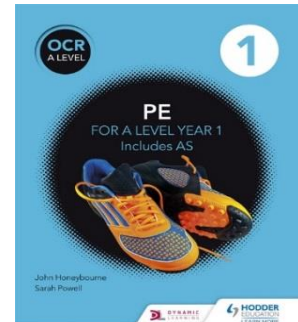
AS OCR H155 2016/17 AS EDEXCEL 8PE01 2015/16 A2 EDEXCEL 9PE01 2016/17

Reading List



PE Review:

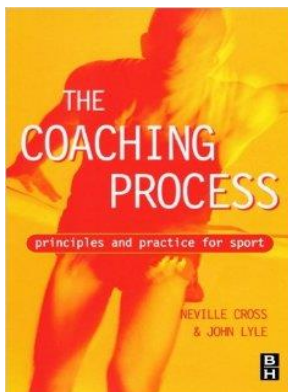
This is a quarterly magazine that addresses many issues and exam board content relevant to your OCR/EDEXCEL specification. It also has examiner/moderator tips and guidance for coursework and exam questions.



OCR A Level textbook:

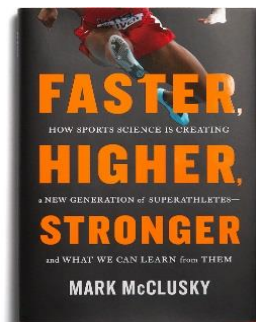
This covers all areas of the specification and has suitable practise questions for you to attempt.

It also has sporting examples throughout that will be useful for your exam.



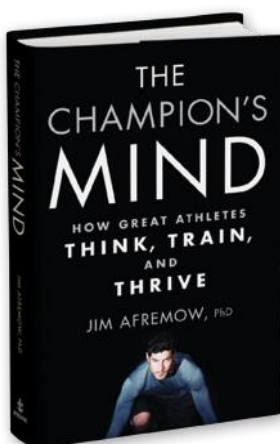
The Coaching Process: Cross & Lyle.

This book discusses the various effective strategies that can be used to improve sports performance in the athlete or team. This uses many examples from the modern Olympic Games and has been quoted as “an essential reading for those studying sport and exercise science at all levels”.



Faster, Higher, Stronger: Mark McClusky

This book has excellent case studies that would be useful in your long answer questions. It has in depth information regarding how Sport Science has improved with the new generation of athletes.



The Champion's Mind: Jim Afremow

This book is based on sports psychology and gives tips and techniques based on high-performance psychology research, such as how to get in a "zone," thrive on a team, and stay humble. How to progress within a sport and sustain excellence long-term.

This is a good book to extend your sports psychology knowledge.

10 activities for independent learning in PE

- 1) Complete a mind map for revision on any of the topics you have covered so far. For example, the effects of ageing, strategies to cope with anxiety and arousal.
- 2) Complete past paper questions on the topics you have covered, this can be found on the Edexcel (A2), OCR (AS) websites.
- 3) Write down some key component from any of your units and add a current “sporting example” to justify this fact. This will help you with your long answer questions in the exam.

E.g. Visual Awareness Training- Brian Habana- Increased his catch ratio dramatically which in turn increased his interceptions in the world cup.

- 4) Try to self-assess your work using the PLCs and examiners mark schemes so you are clear on exactly what needs to change to improve your scores in your assessments.
- 5) Make sure that your folders are in good order make key revision notes as you go through the course
- 6) Try watching documentaries which are relevant to your course if you see that they are scheduled or are on YouTube from previous years. E.g. performance enhancing drugs/acclimatisation.
- 7) Get a copy of the specification for your course (can be found on the website of the examining board). Highlight areas that you are confident in, and areas that you think you need to do more work on.
- 8) Check daily newspapers for current issues in sport. There are lots of stories every day that can be useful as examples in your exam.
- 9) Research a lesson/read ahead before you arrive to class. This means you have already learnt it once and when we go over it in class this will compound that learning.
- 10) Teach someone else- teach a topic area you are finding difficult to someone (e.g. a parent or carer). Create a short lesson to include information, an activity and progress check questions.

