

Dear Prospective A level PE Student

Below is an outline of the necessary preparations that you will need to make in order to make a successful start to your A level studies. We follow the OCR Physical Education H555.

Included is an outline of the practical choices you have to make, the timeline for its creation and also a letter for your parents to sign so that we are sure that everyone is aware of the requirements of your practical assessment.

This is all intended to help you cope with the 'big step up' from GCSE to A levels.

Please make sure you complete this preparation work for the start of the September term. Not only will you feel more confident but you would have armed yourself well for the challenges ahead.

So,

1. Download the specification from here: <https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>
2. Using the specification, please put to memory the major bones of the body
3. Please also put to memory the major muscles of the human body
4. Try to understand the different types of joint in the body and their capabilities
5. Complete Flashcards for every word in the Glossary (see the end of this doc)
6. Change your mind-set. By this I mean look at sport in a new way. Is that Sponsorship or a name on a shirt? How much of that explosive tennis serve is powered by the triceps brachii?

We will assess your learning and research work in the first week in September. The course is broad and deep and so time management is essential. Please make sure you do the above work.

Thank you.

Mr P Miller  
Head of Sport

**Please complete the following and return it to school as soon as possible.**

Which sport will you be submitting for your practical score? (See following page for list of options.)

SPORT:
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What level are you currently performing your sport in?

<b>Level:</b>	
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Please note that this is the coursework aspect of the course and that you will be required to submit **DVD evidence (approximately 40 minutes worth)** of you performing the skills and performances required for your sport.

**YOU COULD START THIS NOW, PARTICULARLY IF YOU HAVE CHOSEN A SUMMER SPORT.**

<b>Student name</b>	
<b>Parental signature</b>	

Please return this form to Mr PE Miller at Calday Grange Grammar School, Grammar School Lane, Wirral CH48 8GG

If you require any further information please contact Mr Miller at [Paul.Miller@calday.co.uk](mailto:Paul.Miller@calday.co.uk)

Association football - Cannot be five-a-side or Futsal

Amateur Boxing

Athletics

Badminton

Basketball

Blind Cricket

Boccia

Camogie

Canoeing

Cricket

Cycling Track or road cycling only

Dance

Diving Platform diving

Equestrian

Gaelic football

Goal Ball

Golf

Gymnastics

Handball

Hockey Field Hockey only – no ice or roller hockey

Hurling

Kayaking

Lacrosse

Netball

Polybat

Powerchair football

Rock Climbing

Rowing

Rugby League or Rugby Union - Cannot be tag rugby. Can be assessed as sevens or fifteen a side.

Sculling

Skiing or Snowboarding - Must take place on snow, can be indoor or outdoor

Squash

Swimming

Table Cricket

Table Tennis

Tennis

Calday Grange Grammar School

**FACULTY OF THE WIDER WORLD – PHYSICAL EDUCATION**

Trampolining

Volleyball

Wheelchair basketball

Wheelchair rugby.

Glossary of terms can be found here: <https://www.ocr.org.uk/Images/http-stgprd-ocr.uctes.internal-images-281629-glossary-of-terms.pdf>