



Calday Grange
Grammar School

Year 12 Pre-Course Material

Faculty	Communication & Creative ▾
Subject	PE ▾
Entry year	2023 ▾

Welcome

Congratulations on being successful in your recent GCSE exams and thank you for choosing to study A level PE.

Welcome to the Physical Education department. On these pages you will find:

- Precourse study suggestions
- Details of where you can find key information about our exam subject

We hope you will find this a useful introduction to the course and it gives you the opportunity to gain an insight into this A Level subject.

We look forward to meeting you in September.

Mr P Miller

Mr Hayes

Mr Ward

Mr Jones

Calday Grange Grammar School

FACULTY OF Communication and Creative – PHYSICAL EDUCATION

Dear Prospective A level PE Student

Firstly congratulations on being successful in your recent GCSE exams and thank you for choosing to study A level PE.

Below is an outline of the small but necessary preparations we suggest you make in order to hit the ground running in September. We follow the OCR Physical Education H555. Copy and paste this link to take you to the site where you will find almost everything you will need to know about our qualification:

<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/>

A Glossary of the Key Terms for our subject can also be found using this link:

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

It is in the Teacher Guides section of the subject area but it is available to you all and provided you with all the key terms that will be used throughout your course and preparing these terms as Flash Cards for your end of year and final exams in two years is an excellent and also interesting place for you to start your preparations.

Lastly we think you've earned the rest from typical studies and we don't want you to pick a pen up or 'study' anything until we start back at school, however below is a short list of videos that you may well find interesting and that will begin to help you see sport in a different way. A more holistic way.

Ted Talk – Inside the mind of champion athletes:

https://www.youtube.com/watch?v=yG7v4y_xwzQ

Sport Psychology in the NFL:

https://www.youtube.com/watch?v=2v6_Mq3fGbU

What makes elite athletes thrive under pressure:

<https://www.youtube.com/watch?v=N8TBavtJu0o>

LeBron James on being a leader:

<https://www.youtube.com/watch?v=OVfW8Yt3GDc>

Netflix - Icarus

Netflix - The English Game

Russia's Hooligan Army- <https://watchdocumentaries.com/russias-hooligan-army/>

Tyler Hamilton on being Lance Armstrong's teammate <https://www.youtube.com/watch?v=UM7mdreB-Yc&t=1114s>

<https://www.youtube.com/watch?v=UM7mdreB-Yc&t=1114s>

Enjoy the remainder of your summer holiday and we look forward to seeing you in September.

Thank you.

Mr P Miller

Head of Faculty and Head of Sport
Caldy Grange Grammar School