

Welcome to A Level PE: Course Start 2026



Course Start is a range of independent learning tasks that you need to complete as a fundamental part of your introduction to the course. It should take you approximately **5 hours to complete**. You will submit this work to your tutors in your first week of lessons and the work you produce will be used to help you make a smooth transition from School to College. Good luck with the tasks!

How this Course Start fits into the first term of the course	Welcome to A Level PE . The purpose of this activity is to introduce you to both the theoretical element of the A Level PE course and also get you thinking about your practical EAPI assessment. This is a verbal assessment, where you need to evaluate the strengths and weaknesses of a performance in your chosen sport.
How will my Course Start learning be used in lessons?	Once teaching starts, you will begin learning about the skeletal and muscular systems and apply this to your own sporting performance. This is a key element of the Anatomy & Physiology aspect of the course & helps you get a headstart in your A&P lessons from the off! You'll also begin to understand how sports performers acquire & learn new skills through the Acquisition of Skill Unit. The first part of the specification looks at what a skilled performance looks like & how performers learn and apply skills. Finally, your EAPI requires you to evaluate sporting performance in your chosen sport. To begin thinking about this as early as September will help you to critically evaluate performance using all of the knowledge you have in your chosen sport.
Course Start learning objectives	• To understand how the skeletal & muscular systems aid movement in sporting performance. • Develop an understanding of how performers acquire new skills through a practical task, such as juggling. • To consider the strengths and weaknesses of skills, tactics & fitness in your chosen sport.
What are the expectations in A Level PE and what does the course involve?	A Level PE is a fantastic opportunity for you to learn about key theoretical elements relating to sport and apply it to your own sporting performance. - You will be expected to complete the pre learning tasks before all lessons. This is really important for stretching your knowledge further in class and allows for more practical based tasks. - You will have regular progress checks at the end of each week - This will be marked & tracked. - Setting of weekly HW by answering long mark questions (10 markers / 20 markers). - A commitment & dedication towards your NEA (Non Exam Assessment) activities - A lot of this will be carried out independently

Course Start: A Level PE:

You are expected to complete **ALL tasks** in this Course Start pack. You can either print out the pack and complete it by hand or preferably, make a copy of this pack and type in your answers ready to submit when you arrive in September.

Task One: Your Sporting Life for your chosen sport.

For us to understand your sporting profile better, produce a max 300 word account of your sporting journey up until this point and how you aim to improve over the next 2 years.

Sporting Profile:

You could include; Playing position, length of time playing, how often you perform & train, clubs / school / county / regional representation, Major achievements & Awards, future goals and plans and how you will action your performance goals over the next 2 years. Remember, your ability to perform to a high standard is 15% of your overall grade.

Task Two: Applying sporting knowledge to your sport.

Alongside your practical performance (15%), a further 15% of your final grade is based on your **EAPI (Evaluation and Analysis of Performance for Improvement)**. You must analyse a performer's strengths and weaknesses, produce a development plan and apply your knowledge of Physiology, Social Concepts and Psychological elements of the A Level course to justify your choices. This is a spoken (verbal) assessment which is filmed as evidence.

In order to do this successfully, we'd like you to identify 4 key skills, tactics & fitness components that are needed in order to be successful in your sport - Explain how & why they are carried out and what is the intended end result / outcome.

Skills	Explanation - Phases, technique, coaching points, perfect model	Why? What's the desired outcome

Tactics	Explanation - Type - Defence/attack, Individual or Team - How?	Why? What's the desired outcome

Fitness Components	Explanation - Definition, why it's needed, how it helps perform skill	How it benefits the athlete / team?

Task Three: Evaluation and Analysis of a performance that you have observed

MUST WATCH: This video gives an excellent overview of what to expect for your EAPI and what you need to do to succeed. [OCR A-Level Linear PE EAPI - Introducing the EAPI](#)

Video Resources - Below is a resource bank of sporting videos, we'd like you to:

1. Select ONE video for your chosen sport (if there is not one below, please find footage on YouTube).
2. Watch 15 minutes of the performance from the YouTube clips - This must be the same performer throughout the video
3. Using the templates provided below, make notes using the note sheet and consider the performers **strengths** and **weaknesses** in relation to their:
 - Skills - 3 strengths & 3 weaknesses
 - Tactics - 3 strengths & 3 weaknesses
 - Fitness components - 3 strengths & 3 weaknesses

Make sure you apply any THEORY from what you already know about the theory side of PE & Sport - You could consider, bones, muscles, joints, psychology, sociology to this.

Performance Video Resource Bank:

- **Badminton:** [GCSE Sports Studies 2018 - Arran Gallagher \(7\) badminton footage - YouTube](#)
- **Rugby:** [LIVE RUGBY: HURSTPIERPOINT COLLEGE VS UPPINGHAM 10/10/19 - YouTube](#)
- **Hockey:** [Rhys A level Hockey Video - YouTube](#)
- **Tennis:** [Amateur Tennis - S. v Steve T_01062012.MP4](#)
- **Basketball:** [A-Level PE T-Block Performance Analysis - YouTube](#)
- **Football:** [Oxford vs Cambridge, 131st Varsity Football Match 2015](#)
- **Cricket:** [Liverpool Cricket Club Vs St Helens Cricket Club \(11.07.15\)](#)
- **Boxing:** [# 13 🍷👏🔥 Amature boxing at Champions Boxing Academy June 2 ,2018](#)
- **Swimming:** [A level PE | Practical Video | Swimming | 24/03/21](#)
- **Range of Sports:** [EAPI Videos - YouTube](#)

OCR EAPI (H155/H555) Candidate notes sheet

Strengths

Assessment criteria	Evaluation of performance		Application of theory
	Observations (explain why)	Overall success of performance	Physiological, psychological and socio-cultural factors
STRENGTH of Skills			
STRENGTH of Tactics/ compositional ideas			
STRENGTH of Fitness			

Assessment criteria	Evaluation of performance		Application of theory
	Observations (explain why)	Overall success of performance	Physiological, psychological and socio-cultural factors
WEAKNESSES of Skills			
WEAKNESSES of Tactics/ compositional ideas			
WEAKNESSES of Fitness			

ACQUISITION OF SKILL - LEARNING NEW SKILLS!

Task Four: A FUN & Practical task. Here we would like you to **LEARN A NEW MOTOR SKILL** & reflect on your learning and performance throughout.

The Juggle Challenge - We would like you to attempt to juggle and reflect on your learning and improvement over time. It is said that in order to become an elite performer you need to carry out (in the region of) 10,000 hours of practice to become world class!

MUST WATCH: JUGGLE TUTORIAL [How to Juggle Three Balls](#)

Watch the video & attempt to teach yourself to juggle with 3 balls - You can use tennis balls, juggling balls, bean bags, or even rolled up socks. Spend 30 minutes over 5 separate sessions and reflect on your skills and learning.

APPLY IT to theory - We would like you to watch this video [Three stages of learning movement](#) and identify what **stage of learning** you were at for each session and explain why - What characteristics did you display? Was there any improvement? Why not? What was your psychology like? Did you give up too easily?

Example	Reflection Session One	Reflection Session Two	Reflection Session Three	Reflection Session Four	Reflection Session Five
<i>Eg, in my first session I made a lot of basic mistakes, I had to keep going back over step one to get a feel for the skill, I was clunky and unco-ordinated - I became Very frustrated with my performance - I'm still at the cognitive stage of learning.</i>					

TASK: Reflect on your juggle challenge and **CRITICALLY EVALUATE** the following statement (300 words max). **World Class sport performers get to the very top of their sport because they are BORN talented and not MADE through hard work & practice.** Remember to weigh up both sides of the argument.

Anatomy & Physiology - Bones, Joints & Movement analysis

Skeletal System

Use the video to answer the following questions and worksheets: [The Skeletal System | Sport Science Hub: Physiology Fundamentals | Music Version](#)

- 1) Draw arrows to Identify the names of the major bones of the skeleton in the image of the runner below
- 2) In each box describe which bones are meeting at each joint?

Elbow

Shoulder

Wrist

Knee

Hip



ANALYSIS OF THE SKELETAL & MUSCULAR SYSTEMS - HOW THEY PRODUCE MOVEMENT IN SPORT AND EXERCISE

Pick a sporting movement of your choice & use this worksheet to help you answer the Q's: [Copy of Human Movement Patterns - Task Sheet](#)

1. Find pictures / draw a diagram to show the **preparation** and **execution** phases of movement from different planes of motion
2. Complete the second table for each of the major joints working during the action.
3. Explain this in your own words in writing underneath.

PREPARATION	EXECUTION

Joint	Type of joint	Articulating bones	Movement	Muscle roles; (agonist/antagonist - synergist/fixator)	Muscle contraction types
Knee					
Elbow					
Shoulder					