



TUXFORD
ACADEMY

OCR A-Level Physical Education (H555)

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OCR A-Level Physical Education

2a. OCR's A Level in Physical Education (H555)

Learners take Components 01, 02, 03, 05 and 06 to be awarded the OCR A Level in Physical Education.

Content Overview	Assessment Overview
H555/01 Physiological factors affecting performance This component will assess: 1.1 Applied anatomy and physiology 1.2 Exercise physiology 1.3 Biomechanics	Written paper: 2 hours 30% of total A Level 90 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/02 Psychological factors affecting performance This component will assess: 2.1 Skill acquisition 2.2 Sports psychology	Written paper: 1 hour 20% of total A Level 60 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/03 Socio-cultural issues in physical activity and sport This component will assess: 3.1 Sport and society 3.2 Contemporary issues in physical activity and sport	Written paper: 1 hour 20% of total A Level 60 marks This paper consists of a mixture of objective response, short and medium length answers, and extended response items. It may also include multiple choice questions.
H555/05 Practical Performances This component will assess either: - core and advanced skills in performing one activity or - core and advanced skills in coaching one activity.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks This NEA will consist of one activity taken from the approved list. Learners can be assessed in the role of performer or coach.
H555/06 Evaluating and Analysing Performance for Improvement This component draws upon the knowledge, understanding and skills a learner has learnt throughout the course and enables them to analyse and evaluate a peer's performance in one activity.	Non-exam assessment (NEA) 15% of total A Level 30 marks, weighted up to 45 marks This NEA will consist of observing a live or recorded performance by a peer and then providing an oral response analysing and critically evaluating the performance.

- It is a core requirement that you are taking part in competitive sport throughout the duration of the course
- You will be required to film your practical performance in your chosen sport, detailed guidance will be provided at the start of Year 12

Tasks to be completed for your first lesson in September

It is expected that you will need to research using some of the suggested resources in this booklet to ensure these tasks are completed to a high standard. You need to hand in all of these tasks at the start of your first lesson.

Task

Levers in Sport

Using the YouTube clip below for background information and recapping from GCSE level, complete the table to demonstrate knowledge and understanding of levers within sport.

https://www.youtube.com/watch?v=d1wS_OIJzml

Lever Type	1 st Class	2 nd Class	3 rd Class
Diagram of Lever			
Where is it found in the body? Provide 2 examples.			
Give 2 examples of where the lever system can be used in sport.			
What is the mechanical advantage of the lever system?			
What is the mechanical disadvantage of the lever system?			

Task

Theories of Learning

Research the following theories of learning. **Create a PowerPoint presentation highlighting the key features of each of the theories.** How might this relate to learning within sport? What are the positives and negatives of these theories when it comes to learning skills in sporting situations? You should be prepared to talk through aspects of your presentation.

- Operant conditioning, including reinforcement.
- Bandura' Social/ Observational learning theory.
- Cognitive theories of learning

Task

Biomechanics

(a) Calculate the speed of Usain Bolt in the 100m?
Time = 9.58 seconds

(b) Calculate the speed of Mo Farah in the 5000m?
Time = 12 minutes 53 seconds

(c) Calculate the speed of Allyson Felix in the 400m?
Time = 49.26 seconds

Task

Psychology of Sport – Personality

(a) Complete the Personality Test.

<https://www.quietrev.com/the-introvert/test>

(bi) Explain the nature vs nurture debate in the development of personality? Look at trait and social learning theories. What do the models proposed by the research of Hollander and Lewin tell us?

(bii) How might knowledge of the interactionist perspectives of personality improve sporting performance

Task

Exam questions – You are expected to research the answers to the following questions before attempting.

1. Explain how blood is redistributed to the working muscles. (3 marks)
2. Explain how oxygen diffuses from the lungs into the blood and how it is transported to the tissues. (4 marks)
3. Describe the characteristics of the main muscle fibre type used by sprinters (4 marks)
4. Name the type of muscle contraction that occurs when kicking a football in a penalty shootout and identify the agonist and antagonist. (3 marks)
5. State a skill in gymnastics you think is closed, a skill that you think is serial and a skill that you think is gross. Give reasons for your choices. (3 marks)
6. Name the three stages of learning that a sports performer experiences whilst developing their skills and describe the characteristics of the level of performance associated with each stage. (4 marks)
7. Discuss the effects of industrialisation on sporting opportunities for working class. (4 marks)
8. Give reasons why female participants have improved opportunities to take part in sport in the early twenty-first century compared to the late twentieth century. (4 marks)
9. Basketball players need good cardiovascular endurance. State two classes of food that are most suitable for players who require cardiovascular endurance and explain why they are needed in their diet. (3 marks)
10. What are the psychological benefits of performing a warm up? (3 marks)
11. Using Newton's first law of motion, explain how a rugby kicker performs a conversion after a try in a game of rugby. (3 marks)
12. Name and explain one theoretical principle that a coach could use to change a negative attitude to a positive one. (3 marks)
13. Explain the different types of anxiety and use examples of how these can have a negative impact on performance. (4 marks)
14. Describe the process of effective goal setting in preparation to motivate a team during both training and performance. (4 marks)
15. Define and give examples of qualitative data research in relation to assessing an individual's performance within a game situation

Task – Written NEA preparation

You need to think about the sport you plan to be practically assessed in. You need to try and fully describe and explain **two** of your weaknesses in a fully competitive situation (game or performance).

You need to identify **one skill weakness** (eg short passing) and **one tactical weakness** (eg communication in defence)

Make sure you look at the criteria for your sport in the specification to help you identify skills/tactics.

When choosing your weaknesses, you must remember to choose a skill first. This is very important as your understanding of the technique used and the impact of weak technique on performance forms part of your assessment.

Try to use the following structure for your weakness.

Person being analysed:	Activity performed:
Area of assessment:	Weakness identified:
Background information (where/when/what/how)	
Technical explanation of the weakness and the impact this weakness had on performance.	

Some points to consider when analysing:

- Make sure your weakness is a skill.
- Use technical terms that are relevant to the activity
- Mention as many aspects of the technique as you can
- You must explain the impact of the poor technique on performance.
- You should reference an elite performer who you feel uses the perfect technique. Some comparison to this performer might help you fully explain the weakness you have.
- Use diagrams and pictures to help you.
- **Break it down into 3 sections: preparatory, execution, result/recovery.**

It is worth spending time planning what you believe your weaknesses are in relation to your skill. It is useful to compare your weakness to a perfect technical model used by a named elite performer.

Try to think about the following things

- Position of body parts.
- What were you doing with your body parts?
- How did this effect your performance?

The following pages show a good example of a skill weakness from Golf. This standard and detail of response that is required.

Area of Assessment (Long Iron / woods): Weakness – Lack of success when playing a draw.

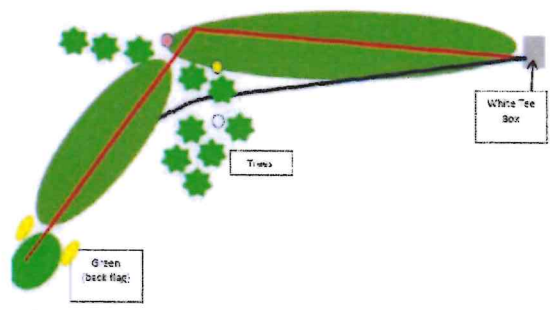
During my recent Scratch League match at Sleaford Golf Club technical errors in the alignment and downswing caused me to be unable to execute the draw shot as required on numerous occasions resulting in losing all three holes (4th, 6th and 8th) close together and although I played other holes well I was unable to claw back the deficit from the front nine holes and subsequently lost my match 3 and 2.

The draw is used to shorten holes that dog-leg to the left. That is they are 'L' shaped going straight from the tee, and turning left to approach the green (signified by the red line below). The draw shot shortens these holes significantly as the shot often 'cuts the corner' of the dog leg enabling me to approach the green with a short or medium iron. This was particularly important given the challenging back of the green location of the flag in this match. Without this shot I would have to play to the corner of the dog-leg from the tee leaving a more challenging approach shot (probably a hybrid from 200 yards) to a difficult flag position on the green.

As a player I do not hit the ball as far as some of my peers from the tee which adds pressure to the need to hit accurately. This has resulted from a slower than average swing speed, and an incomplete shoulder turn. It is this factor, along with the tee shot my opponent hit that encouraged me to attempt the draw shot around the corner, as opposed to playing out to the dog-leg and having a challenging second shot.

Hole No.4 Stroke Index 1 428yds White Tee

The yellow dot marks 200 yards from the tee, pink dot signifies opponents ball from tee, white dot signifies my tee shot result. Red line is the straight route to the corner of the dog-leg, the blue line is the desired route of my draw shot.



One of my areas of strength is my accuracy with my mid irons from 150yards and in, however due to poor execution of the draw shot I was left having to scramble to try to save the hole. This meant I had to chip out of the hedge and try to hit my third shot close to the hole from 155 yards and make the putt to halve the hole.

Preparation

With the match at all square, and my visiting opponent having tee'd off first and was safely at the corner of the dog leg, albeit with a long approach shot, I made the decision to try to take advantage on this hole knowing that the next few holes provide a lot of birdie opportunities which could turn the match quickly in either direction. Winning the hole would enable me to hit the first tee shot on the next hole, which would be important in a matchplay situation to dictate the shot selection of my opponent.

I selected my driver and set up to the ball on the left-hand side of the tee box in order to promote the draw shape by hitting the ball on an in-to-out swing plane. My grip is a little 'weak' and this makes squaring the club at impact difficult, as a result my natural shot is a fade. As I look down at my hands, I see zero knuckles on my right hand, and the line that's formed between my thumb and the hand again is pointed more at my chin. This is significantly different to the early successful

grip/posture that Tiger Woods would hit. He would demonstrate a more neutral grip, in particular the right hand showing at least one knuckle. Woods was excellent at getting the clubface back

square to the target at impact as a result of his set up position imitating the ball striking position. He was renowned in his most successful part of his career for being able to control a low flying draw as a result of his grip, appropriate alignment and swing plane as well as control through the impact zone. He did this successfully in many of his major wins at the Masters where a draw is the required shot to set up easy birdie/eagle chances on the 13th hole.

Whilst my natural shape of a fade keeps the ball in play, and provides much more control of the golf ball, on this hole it would take me further away from the hole, lengthening the dog-leg significantly, and subsequently reducing the chance of making par on the hardest hole. This would increase the likelihood of losing this hole due to the challenging approach shot required. There is also a strong chance that with this type of shot I would have run into the long grass beyond the dog-leg to the right hand side of the fairway resulting in either a lost ball or a very difficult to control and relatively long approach shot to the narrow green. Having seen my opponent hit two good long

approaches to the previous two holes I knew that he would have little difficulty getting on or close to the green on this hole.

Backswing

In order to hit the draw I set up with the clubface square to the ball to target line (the blue line in the diagram). I used a divot in front of the ball to help my alignment off the tee. I often use a divot or other reference on the tee box to do so, regardless of the shot I am playing.

My feet and shoulders are aimed slightly to the right of the blue line, creating a closed stance enabling me to make the correct swing plane to bring about the draw. I positioned the ball a little bit further forward in my stance in order to promote a higher ball flight to clear the dog leg, but also to ensure that the club face is closing at the point of impact to create the drawspin

I begin to take the club back using my upper body. The swing moves in this order: clubhead, hands, arms, shoulders, hips. My right arm abducts away from the side of my body, unlike most tour pro's.

This was a concern as this can often lead to 'casting' or 'throwing' the club from the top of the swing. As my hands pass the right leg, my weight shifts to the right. When the driver reached parallel to the ground, it was pointing left of the desired target line, this was an early indication that the club was on the wrong plane. The driver clubface at that point was toe up. Then I begin to rotate my upper body around the vertebral column, along the longitudinal axis and in the horizontal plane. During my backswing the next error began to occur. Instead of taking the club back inside of the target line I have taken it back on my natural swing plane. This has occurred as a result of not closing my stance sufficiently during address. The natural swing plane coupled with the type of shot I am trying to play now begins to feel like the club face is going to be quite open at the top of the backswing. As a low handicap player kinaesthetic feel often provides information mid-swing that requires some correction before striking the ball. In this case that adjustment was unsuccessful.

Downswing

At the top of my backswing, the hips are turned only half as far as my shoulders. My left arm remains straight, but not rigid, and my right elbow is now flexed using the biceps. My hands have swung back to 11 o'clock, with the hands and arms under the club, supporting its weight. My right hip and ankle and my left latissimus dorsi muscle feel stretched, with the latter ready to perform concentric contraction during the downswing.

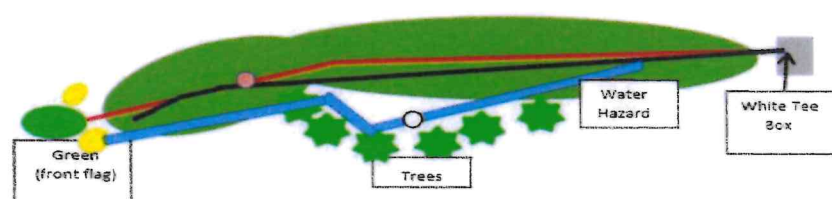
My downswing begins with a more significant lateral shift, this error is the start of a poor execution of the downswing, as I feel I need to quickly bring the club back on plane to help get the face square at impact.

My abdominal region is still pointing at the ball, however the next error in the downswing occurs. As I try to compensate for the open feeling caused in the back swing I 'throw' the club from the top. This is a quick movement that caused my elbows and wrist to extend too early in the downswing, and ultimately resulted in a quick closing of the club face, and a hooked ball flight. In this shot, as I neared the impact zone my left forearm rotated (supination) too quickly. As I struck the ball the clubface had become too closed compared to the target line. When this occurred the closed club face de-lofted the driver, lowering the launch angle and resulting in a low flying, hooked tee shot that finished in the small bushes (white dot) left of the desired target line and short of the dog-leg.

The subsequent impact on performance was quite significant. On this hole I lost the hole to a par 4 as I was unable to get up and down from 155 yards having chipped out from the bushes. Having halved the next hole, the same swing error occurred on the 284 yard par 4 6th hole. This also dog-leg's to the left but is an easy birdie hole if you can draw the ball around the trees onto the green. On this occasion my hooked tee shot ended up in the lateral water hazard, and I forfeited the hole. The final example of this same error occurred on the 8th hole. Whilst being 2 holes down and needing to make birdie on this occasion the increased swing speed I generated trying to get both distance and the draw shape on the par 5 hole resulted in another hook into the trees. The increased emphasis on distance not only caused an overswing on the backswing, but the rapid acceleration into the downswing caused significant lateral movement resulting in the clubface closing and a hooked tee shot. I was unable to equal my opponents birdie on this hole and was now 3 holes down after 7 holes played.

Hole No.6 Stroke Index 11 284yds White Tee

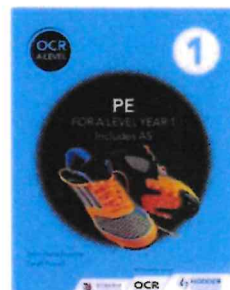
The pink dot signifies opponents ball from tee, white dot signifies my tee shot result. Red line is the straight route to the corner of the dog-leg, the blue line is the desired route of my draw sho



Essential reading.

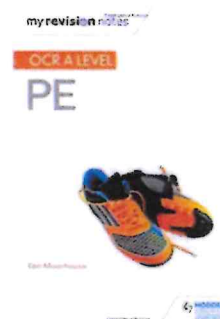
We strongly recommend that you purchase the following textbooks. They should be readily available online via sites such as Amazon & WHS Smith. **The main text book (number 1) will be available to purchase from the P.E. office in September.**

1. **OCR A Level PE Book 1 Paperback – £28.99** **ISBN: 978-1471851735**
by [John Honeybourne](#) (Author), [Sarah Powell](#) (Author)



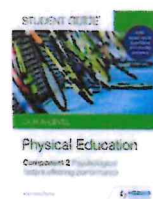
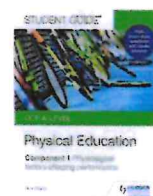
2. **My Revision Notes: OCR A Level PE Paperback – £14.99 approx**
by [Keri Moorhouse](#) (Author)

ISBN: 978-1510405219



The following student guides have also been published (Jan 2020) which are specific to each component:

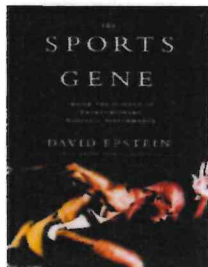
1. OCR A-level Physical Education Student Guide 1: Physiological factors affecting performance
Sue Young
£9.99
ISBN: 9781510472082
2. OCR A-level Physical Education Student Guide 2: Psychological factors affecting performance
Michaela Byrne
£9.99
ISBN: 9781510472099
3. OCR A-level Physical Education Student Guide 3: Socio-cultural issues in physical activity and sport
Symond Burrows
£9.99
ISBN: 9781510472105



Recommended reading.

Although not OCR Physical Education endorsed books the following will help you to develop a deeper understanding of sports science that you will be able to apply to many different aspects of the specification. You may prefer to access some of these on Audible or from a library. **The 3 highlighted texts are have been recommended as essential.**

1. The Sports Gene: Inside the Science of Extraordinary Athletic Performance (By David Epstein)



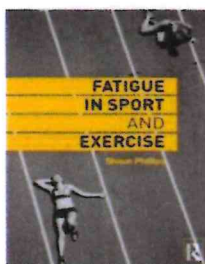
This book explores the question of nature versus nurture as it pertains to training for athletes in sports using anecdotes which favor both sides of the argument. These anecdotes are combined with the results of statistical studies to give the reader an understanding of the magnitude that biology plays in athletics. Topics such as the effects of gender, race, genetics, culture, and physical environment are discussed as contributors to success in specific sports.

2. The Science of the Tour de France Training secrets of the world's best cyclists (By James Witts)



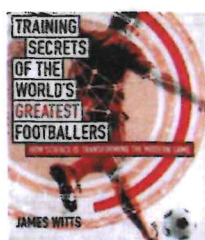
Find out why Formula One telemetry is key to more bike speed; how power meters dictate training sessions and race strategy; how mannequins, computational fluid dynamics and wind-tunnels are elevating aerodynamics to the next level; why fats and training on water alone are popular in the peloton; and why the future of cycling will involve transcranial brain stimulation and wearable technology.

3. Fatigue in Sport and Exercise (By Shaun Phillips)



The book examines the different 'types' of fatigue and the difficulties of identifying which types are prevalent during different types of exercise, including a discussion of the most important methods for measuring fatigue. It introduces the fundamental science of fatigue, focusing predominantly on covering physiological aspects, and explores key topics in detail, such as energy depletion, lactic acid, dehydration, electrolytes and minerals, and the perception of fatigue.

4. Training Secrets of the World's Greatest Footballers How Science is Transforming the Modern Game (By James Witts)



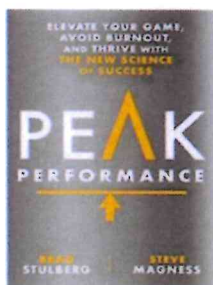
Why does Paul Pogba wear custom-made compression socks? Why does Sergio Agüero altitude-train when returning from injury? From virtual-reality units to the omnipresence of GPS vests, taking in brain-training, innovative gear and performance nutrition along the way, you'll discover what it takes to reach the top of the game - and how to apply this knowledge to your own training.

5. Bounce: The Myth of Talent and the Power of Practice (By Matthew Syed)



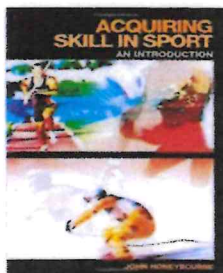
What is the magic spark that sees David Beckham and Tiger Woods soar above all their competitors, and could the secret lie in the practice regime of Mozart? Matthew Syed's dazzling investigation of high achievement draws on the stories of sports stars and the most up-to-date science to uncover the surprising factors that lead to world beating success. The follow up books The Greatest: The Quest for Sporting Perfection is also worth a read. Lots of relevance to the skill acquisition section of the specification.

6. Peak Performance: (By Brad Stulberg)



Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. Peak Performance presents the newly-discovered links that hold promise as performance boosters, but that have been traditionally overlooked.

7. Acquiring Skill in Sport: An Introduction: (By John Honeybourne)



The book is a user-friendly, highly accessible text for the students to understand the basic concepts of sport skills acquisition. Each chapter covers important theoretical background and shows how this theory can be applied through practical examples from the world of sport. The book also examines the ways in which skills can be most effectively and addresses issues such as: characteristics and classifications of abilities and skills in sport, information processing in sport, motor programmes and motor control, phases of learning and presentation of skills and practices.

8. Peak : How All of Us Can Achieve Extraordinary Things (By Anders Ericsson)



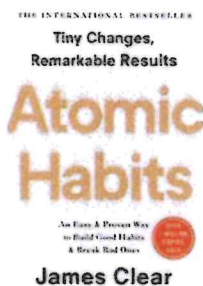
Ericsson's research focuses on the real world, and he explains in detail, with examples, how all of us can apply the principles of great performance in our work or in any other part of our lives.' Do you want to stand out at work, improve your athletic or musical performance, or help your child achieve academic goals? Anders Ericsson has made a career studying chess champions, violin virtuosos, star athletes, and memory maven.

9. The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)



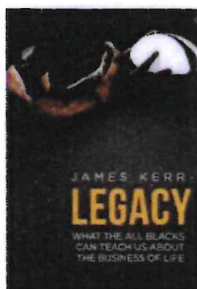
The Talent Lab is the inside story of exactly how a smart-thinking army of athletes, coaches, talent finders, innovators, disruptors, analysts and psychologists utilised the cutting-edge insight of elite performance to succeed where other nations failed – and turn Britain into an Olympic superpower.

10. Atomic Habits: Tiny changes, remarkable results. (By James Clear)



James Clear reveals how miniscule changes can grow into life-altering outcomes. He uncovers a handful of simple hacks...and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way he tells inspiring stories of Olympic gold medalists, leading CEOs and distinguished scientists who have used the science of tiny habits to stay productive, motivated and happy.

11. Legacy: What the All Blacks can teach us about life. (By James Kerr)



The All Blacks are the world's most successful sporting outfit, undefeated in over 75% of their international matches over the last 100 years. What is the secret of their success? And what can we - as individuals, companies and teams - learn from them?

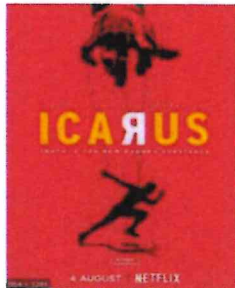
12. The Secret Race: Inside the Hidden World of the Tour de France (By Tyler Hamilton & Daniel Coyne)



On a fateful night in 2009, Tyler Hamilton and Daniel Coyle met for dinner in Boulder, Colorado. Over the next eighteen months, Hamilton would tell Coyle his story, and his sport's story, in explosive detail, never sparing himself in the process. In a way, he became as obsessed with telling the truth as he had been with winning the Tour de France just a few years before.

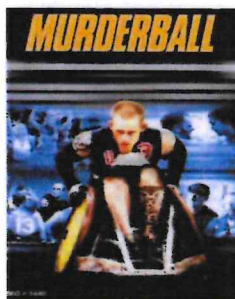
Relevant Documentaries & Media

Watching the following documentaries will add to your depth of knowledge that will add to your understanding of sport. Many of these can be found on YouTube or on Netflix or Prime TV. If you are struggling to access, please see a member of the P.E. team who will try to assist. This is not an exhaustive list and will be added to over time.



Icarus - When filmmaker Bryan Fogel sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history.

<https://www.netflix.com/title/80168079>

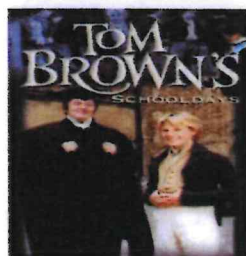


Murderball - This documentary introduces the U.S. quad rugby team -- a team composed entirely of young paraplegic men. Using special wheelchairs and very little protection, the players play full-contact competitive rugby, using rules only slightly altered to accommodate their limitations. The film follows the team as they discuss the sport, their lives, and how they ended up in their chairs to begin with, while they play their way to the 2004 Paralympic Games in Athens, Greece. This has great links to disability sport and factors effecting participation. A DVD copy can be borrowed from the P.E. office. <https://www.amazon.co.uk/Murderball-Joe-Soares/dp/B00EUX57DI>

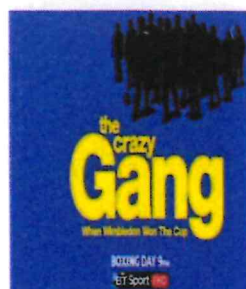


Lance & Oprah – This Interview – In this interview disgraced cyclist Lance Armstrong has held a "no-holds barred" interview with chat show host Oprah Winfrey. The 41-year-old American lifts the lid on one of the most high-profile stories in sporting history. Links to the drugs in sports and deviance areas of the course.

<https://www.youtube.com/watch?v=2jtDH-10m2s>



Tom Browns Schooldays - Drama about life at Rugby School in Victorian England. The headmaster is fair but not effective and life is brutal for the young boys because of bullying and its consequences. Links the era of popular recreation and the influence of Public Schools on rational recreation. https://www.amazon.co.uk/Tom-Browns-Schooldays-Julian-Wadham/dp/B0006HIPMW/ref=tmm_dvd_title_0?encoding=UTF8&qid=&sr=

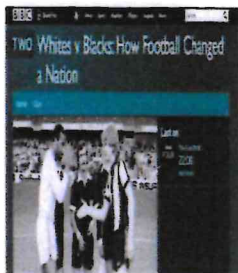


The Crazy Gang – When Wimbledon Won the Cup – This documentary spills the beans on the notorious Wimbledon football team who climbed from non-league status to the pinnacle of the British game in less than a decade. In this revealing documentary, Crazy Gang members disclose for the first time the extent of the brutality between the players themselves and how being part of that process was the making of them all. Links to deviance in sport and group dynamics.

<https://www.youtube.com/watch?v=kdU1qUN7LX8>



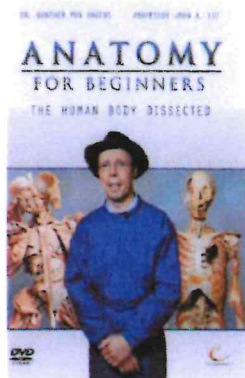
ESPN Films: Enhanced (Six Episode Docuseries 2019) Unprecedented behind-the-scenes look at how athletes are using modern technology and science to achieve greatness. https://www.espn.com/video/clip/_id/24055829 Can be found on the media platform vimeo.com. Great links to sports technology physiology & psychology.



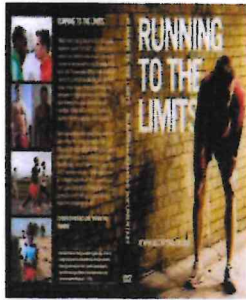
Whites Vs Blacks: How Football changed a Nation. BBC Documentary. Adrian Chiles looks into an extraordinary game of professional football that took place in May 1979, when an all-white team took on a side comprised solely of black players. <https://www.youtube.com/watch?v=3ne6eRxtBCs> Links to factors effecting participation in sport.



Catch Me if You Can. BBC Panorama Documentary. Mark Daly investigates doping in athletics and explores apparent allegations against Alan Wells, Alberto Salazar and Galen Rupp, allegations which they all strenuously deny. <https://www.youtube.com/watch?v=04ck8LwApd4> Great links to deviance and drugs in sport.

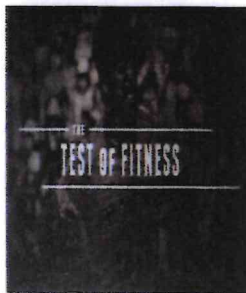


Anatomy for Beginners – The Human Body Dissected. In this series you can see highlights of the dissections and learn more about the human body. Your anatomical guides are controversial anatomist Dr Gunther von Hagens, who dissects the bodies, and pathologist Prof. John Lee who explains how they work in health and in disease. At the heart of each episode is a human dissection, carried out by von Hagens, each episode focusing on a different set of anatomical systems: movement, circulation, digestion and reproduction.



Running to the Limits – A 2009 documentary film about filmmaker Alex Vero's journey to qualify for the 2008 Beijing Olympic Marathon. Narrated by Vero and set against the backdrop of a massive decline in British professional marathon running, the film spans over three years and several continents as he works to overcome physical and personal demons and complete his marathon training.

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



The Test of Fitness – A 2014 documentary about cross fit. A look at different methodology of improving fitness.

<https://www.youtube.com/watch?v=3eGgWEr-Vv8>



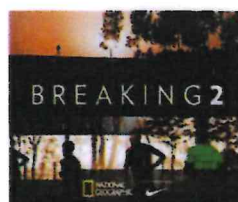
The Truth about Fitness - Medical journalist Michael Mosley teams up with scientists whose latest research is turning common knowledge about fitness on its head. They reveal why 10,000 steps is just a marketing ploy and that two minutes of exercise is all a person needs each week. They discover how to get people to stick to their fitness plans and what exercise can actually make everyone more intelligent. Whether it is for couch potatoes who hate the thought of exercise, someone too busy to consider the gym, or even for fitness fanatics who are desperate to do more - science can help everyone exercise better.

<https://www.bbc.co.uk/iplayer/episode/b09qil7d/the-truth-about-15-getting-fit>



Born to Run: The Kenyan Secrets- A look at the success of Kenyan distance runners.

<https://www.youtube.com/watch?v=25BywC5-p2U>



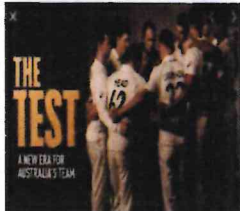
Breaking 2 – Brilliant Amazon TV documentary focusing on three athletes attempting to break the 2hr marathon record.

<https://www.amazon.com/Breaking2-Season-1/dp/B075QV64XY>



The English Game – Netflix drama that is highly relevant to the Sport and Society section of the course. This series looks at the invention of football and how it rose to become the world's game by crossing class divides.

<https://www.netflix.com/title/80244928>



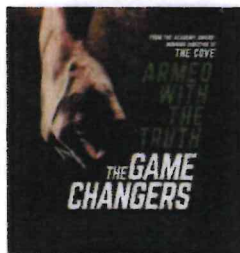
The Test – Great Amazon TV documentary focusing on how the Australian cricket team recovered from the ball tampering controversy. This 8 part series links to both the group dynamics and deviancy section of the specification.

<https://www.amazon.co.uk/Test-New-Era-Australias-Team/dp/B085FV9XL3>



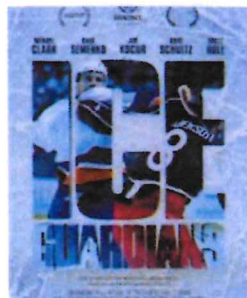
The Man with the Halo. A story of bravery and determination in the face of adversity. This inspirational short documentary tells the unfathomable comeback story of Tim Don, the fastest Ironman triathlete of all time, after breaking his neck in a cycling crash.

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



The Game Changers - James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.

<https://www.netflix.com/title/81157840>



Ice Guardians – This documentary looks at the controversial world of Ice Hockey's enforcers. Great links to the sports psychology, violence in sport, sport and society sections of the specification.

<https://www.netflix.com/title/80150246>



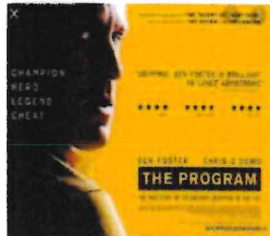
Crossing the Line – This is the story of the highly controversial 2018 Test series between Australia and South Africa involving the infamous ball-tampering scandal, Sandpapergate. Links to the deviance in sport and group dynamics section of the specification.

<https://www.youtube.com/watch?v=MKcvHAec6GM>



The Last Dance - This is a 2020 American sports documentary miniseries focusing on the 1997–98 Chicago Bulls. The series features film from a crew that had an all-access pass to the Bulls during the National Basketball Association season.

<https://www.netflix.com/title/80203144>



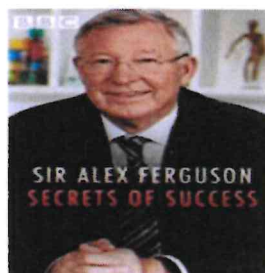
The Program - An Irish sports journalist becomes convinced that Lance Armstrong's performances during the Tour de France victories are fueled by banned substances. With this conviction, he starts hunting for evidence that will expose Armstrong. Links to the deviancy section of the specification. DVD copy available to borrow from the P.E. office.

<https://www.amazon.co.uk/Program-Ben-Foster/dp/B019J4GPWO>



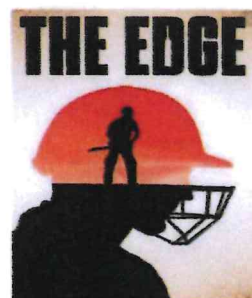
Sunderland 'Til I Die (Season one and two) is proof that a disaster is so often more entertaining to watch than success. Following the North East club in their 2017/18 EFL Championship season, Netflix likely planned to film the story of a side returning to the riches of the Premier League. Only instead of getting promoted, Sunderland finished bottom of the league and suffered the humiliation of back-to-back relegations. Links to the topics of social class and sport, leadership and group dynamics.

<https://www.netflix.com/title/80207046>



Sir Alex Ferguson – Secrets of Success – A BBC documentary that examines the skills that made Manchester United manager Alex Ferguson one of the most successful football managers of the modern game. Good links the leadership and group dynamics areas of the specification.

<https://www.youtube.com/watch?v=SbtZilEs5r0>



The Edge – Focuses on the England Cricket team in a compelling, funny and emotional insight into a band of brothers' rise to the top, their unmatched achievements and the huge toll it would take. One of the toughest sports on the planet, and psychologically perhaps the most challenging, The Edge Film explores the ruthless intensity of the game, the impact it can have on players' mental health and the extreme price of success.

<https://www.theedgefilm.com/>

Twitter & Websites

You are strongly encouraged to bookmark and access the following throughout the course. Please look at the following.

https://twitter.com/cleans_letsrun?lang=en – Account that posts articles and news related to drugs and deviance in sport.

<https://twitter.com/sportingintel?> – Account that looks at the links between commercialisation and sport.

<https://twitter.com/modoorbell?lang=en> – Account that posts articles and news related to drugs in sport.

<https://twitter.com/danroan> – Leading BBC sports journalist.

<https://sportsscientists.com/> - Science of Sport website that brings you the second, third, and fourth level of analysis you will not find anywhere else.

<https://www.studyalevelpe.co.uk/> - A good general revision site specific to OCR A level

<http://www.alevelpe.com/> - Another blog-based site. Good for revision.

<https://www.youtube.com/channel/UCPu81I88W5d38hZplqzslXQ/videos> – General P.E. YouTube account with some good clips relating to A-Level P.E.

Programmes and Podcasts

<https://www.bbc.co.uk/programmes/b01bwfyd> - A story of lies, expulsions, bigotry and witch-hunts, as a civil war in sport erupted when rugby split in two.

<https://www.bbc.co.uk/programmes/b01cwszw> - Podcast that explores the way global television has changed our relationship with sport forever.

<https://www.bbc.co.uk/programmes/b01cw7kv> - Why rugby union tried to stand firm against the encroaching tide of professionalism and, in August 1995, lost.

<https://www.bbc.co.uk/programmes/b01cvk8l> - Why and when the British government got involved in sport, when the country had always prided itself on keeping them apart.

<https://www.bbc.co.uk/programmes/b01ckmgn> - The demise of the amateur gentleman and the rise of the professional player, as the 1960s saw the beginning of a new, more egalitarian era in British sport.

<https://www.bbc.co.uk/programmes/b01bwmwd> - The rise of the middle class in Victorian Britain heralded the birth of suburban tennis and golf clubs.

<https://www.bbc.co.uk/programmes/b01b9h7c> - A look at Rugby School, which can claim to be the birthplace of the modern Olympic games.

<https://www.bbc.co.uk/programmes/b01bb7jp> - The importance of boxing for the 19th-century alpha male. With no gloves or armour, pugilism was pure, painful and deeply patriotic.

<https://www.bbc.co.uk/programmes/b01bbcqn> - Podcast on the role Rugby school played in turning its pupils into men fit to run the empire

<https://www.bbc.co.uk/programmes/b01blxxk> - The Football Association, founded in 1863, was set up to ensure that players should be gentlemen both on and off the pitch.

<https://www.bbc.co.uk/programmes/b01bm0pf> - If trade was the driving force behind the expansion of the British Empire, sport was the glue that helped keep it together.

<https://www.bbc.co.uk/programmes/b01bmltg> - The story of how football went from an amateur pastime to big business, and it all started in the Lancashire mill town of Preston.

Title	Where to find it	Details
The Science of Sport Podcast 	Apple Android	World-renowned sports scientist Professor Ross Tucker and veteran sports journalist Mike Finch break down the myths, practices and controversies from the world of sport. From athletics to rugby, soccer, cycling and more, the two delve into the most recent research, unearth lessons from the pros and host exclusive interviews with some of the world's leading sporting experts. For those who love sport. Stand out episodes: - 26/02/20 - The Science of Perfect Training - 08/02/20 - The Shoe That Broke Running II - 25/11/19 - Mary Cain & RED-S - 23/10/19 - The Shoe That Broke Running - 23/09/19 - Why the All Black Are The Greatest Sports Team - 09/09/19 - How to Cheat at Sport and Get Away With It - 27/08/19 - How to Make a Champion (Part II) - 13/08/19 - How to Make a Champion (Part I) - 09/07/19 - The Drugs In Sport Episode - 18/08/19 - The Science of Cricket with Gary Kirsten - 29/04/19 - Caster Semenya: Explaining Sex v Gender
That Triathlon Show	Apple Android	The one triathlon show focusing on practical and actionable advice that you can use in your own triathlon training and racing. New episodes are released twice per week. Includes some excellent discussions on the science of training. Stand out episodes: - 06/02/20 - Hill repeats and long runs; Protein for endurance - 27/01/20 - Race hydration, calories and sodium - 06/01/20 - Volume, intensity and physiological adaptations - 18/11/19 - Nutrition trends and current evidence - 24/10/19 - Fueling workouts; Diet and body types - 14/10/19 - Improve your running speed, endurance and performance - 03/10/19 - Aerobic and anaerobic capacity - 19/09/19 - Does compression clothing improve performance and recovery
The Clean Sport Collective	Apple Android	The Clean Sport Collective is a community of powerful voices comprised of athletes, brands, events, clubs, fans and the public to support the pursuit of clean sport and athletics through the absence of performance enhancing drugs. Stand out episodes: - 01/02/20 - New Shoe Regulations with Ross Tucker - 26/01/20 - Evan Dunfee - Bronze Medalist in 50km walk - 05/01/20 - Steve Magness, Nike Oregon Project Whistleblower - 17/11/19 - Mary Cain Tells Us Her Story - 20/10/19 - Tyler Hamilton: Convicted Doper and Whistleblower - 07/10/19 - Kara and Adam Goucher on the 4-Year Bans - 31/05/19 - Travis Tygart, CEO of USADA