

PE – Level 3 Cambridge Technical

Sport and Physical Activity

Exam Board: OCR

Where do I start?

You must meet the minimum entry requirements of Wootton Park VI.

You must have studied a sport-related course for GCSE and achieved a 5 or above.

Currently playing a team or individual sport outside of school

PE – about the subject:

Physical Education is "education through the physical". It aims to develop learner's physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops learner's confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for learner's lifelong and life-wide learning.

Why study PE?

Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity has been designed as the perfect vocational alternative to A Level Physical Education. Made up of either five or six units (depending upon units chosen), this qualification provides learners with the knowledge and skills required for progression – making sure they're prepared to progress to degree level, an apprenticeship or employment. There are three mandatory units; Unit 1 and Unit 2, plus Unit 3 Sports Organisation and Development that's assessed by a 60 minute written exam made up of short or long answer questions. Learners also choose either two or three units from a selection of nine optional units that are all internally assessed. This qualification is equal to one GCE A Level.

What type of learner chooses PE?

You do not have to have studied PE at GCSE to study PE at A-level, however, it will stand you in good stead if you have. If you have studied the subject before, some topics will be familiar to you,



but these can be readily learned and understood by learners new to the subject. In order to succeed it is most important that you have:

What are the career/higher education prospects?

Cambridge Technical Level 3 is an excellent base for a university degree in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology and many more. Cambridge Technical Level 3 can open up a range of career opportunities including: sports development, sports coaching, physiotherapy, personal training or becoming one of the next generation of PE teachers. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

What aspects of the subject will I be studying?

The following 3 units are mandatory;

Unit 1 – Body Systems and the Effects of Physical Activity - Exam

Unit 2 – Sports Coaching and Activity Leadership

Unit 3 – Sports Organisation and Development - Exam

Learners will then need to complete 2 or 3 of the following units dependent on which units they pick;

Unit 5 – Performance Analysis in Sport and Exercise

Unit 8 – Organisation of Sports Events

Unit 10 – Biomechanics and Movement Analysis

Unit 11 – Physical Activity for Specific Groups

Unit 12 – Nutrition and Diet for Sport and Exercise

Unit 17 – Sports Injuries and Rehabilitation

Unit 18 – Practical Skills in Sport and Physical Activities

Unit 19 – Sport and Exercise Psychology

Unit 20 – Sport and Exercise Sociology

Please be aware that this subject can be offered as a single option Extended Certificate (equivalent to one A-level) or also be offered as a double option – as a Diploma equivalent to two A-levels. Please discuss which option would be best suited to you with the Curriculum Lead.

What co-curricular opportunities are there within this subject?

Opportunities around the subject will arise for learners, for example; representing the school at a variety of sports or being involved in the school's leadership academy which provides opportunities for learners to improve their leadership skills by actively being involved in sports events within the school and the county.

Getting involved in running events for charity, younger learners and helping to coach others are excellent opportunities which will be available to our learners at Sixth Form.

How will I be assessed throughout the course?

The majority of the qualification content will be internally assessed through centre-set assignments created by the school. For the internally assessed units visiting moderation visits will take place each academic year. The common purpose or work-relevant reason could be a scenario, a case study or brief that sets out the circumstances or reasons for completing the tasks. A scenario could describe the requirements for a solution to a problem (e.g. how to engage a particular social group in physical activity) or a case study could be used to inform a proposal (e.g. a case study on the physical and psychological effects of an injured sports performer to determine the best way to treat their injury). External assessment across the Cambridge Technicals could involve written examinations including case studies, pre-release materials, controlled projects or tasks, or computer based tests relating to the subject which learners will need to apply their knowledge and understanding to. Two of the three mandatory units will be examinations.