



# Cambridge Technical Award: Physical Education

**Exam Board:** OCR

**Entry requirements:** grade 5 or above in Biology; grade 4 or above in Maths and/or English; ideally grade 5 or above in Physical Education.

## Why study Physical Education?

Cambridge Technical builds upon the topics and knowledge covered in GCSE PE with more of a vocational theme such as Unit 2: Sports Coaching and Activity Leadership and Unit 3: Sports Organisation and Development. There are three mandatory units with up to nine optional units (please see below).

The content has been designed to allow learners to study Physical Education with the workplace in mind and provide high-quality alternatives to the traditional A Levels.

## What does the course involve?

The 2016 suite allows assessment to be external and internal, you are eligible for Key Stage 5 performance points and attracts UCAS tariff points at Level 3.

<b>Extended Certificate</b> <b>Guided Learning Hours (GLH) = 360</b>	
<b>Mandatory Units</b>	<b>Optional Units</b>
1: Body Systems and the Effect of Physical Activity Assessment: External	5: Performance Analysis in Sport and Exercise GLH: 60
	8: Organisation of Sports Events GLH: 60
	10: Biomechanics and Movement Analysis GLH: 60
2: Sports Coaching and Activity Leadership Assessment: Internal	11: Physical Activity for Specific Groups GLH: 30
	12: Nutrition and Diet for Sport & Exercise GLH: 30
	17: Sport Injuries and Rehabilitation GLH: 60
3: Sports Organisation and Development Assessment : Internal	18: Practical Skills in Sport and Physical Activity GLH: 60
	19: Sport and Exercise Psychology GLH: 60
	20: Sport and Exercise Sociology GLH: 60
Total Guided Learning Hours of Mandatory Units = 240	Assessment is all Internal for these units.

The course that we offer would depend on the student's interest, the highlighted ones are aspects of this course that we feel would be best for the students studying the Cambridge Technique Award with a view to studying PE at Higher Education. The units are flexible and we would go with a best fit model, depending on the students who study the course.

## **Where will PE lead me post Sixth Form?**

This qualification will create confident, independent thinkers and effective decision makers who can operate effectively as individuals or as part of a team – all skills that will enable you to stand out and effectively promote yourself as you progress through life. A strength of this course is that offers UCAS points to

## **How could this qualification still get me into University?**

The UCAS process is complex but is essentially based on how many points you can achieve to get into certain providers of Higher Education. The table below indicates how the grading of this vocational qualification could still support you getting into Higher Education.

<b>Grade</b>	<b>UCAS points</b>	<b>Equivalent Grade (Letter Value)</b>
Distinction *	56	A*
Distinction	48	A
Merit	32	C
Pass	16	E

For more information, please contact Miss Coll: [zoe.coll@sirthomasfremantle.org](mailto:zoe.coll@sirthomasfremantle.org)