

## Switching to AQA from OCR

---

If you are thinking of switching to AQA from OCR (September 2016) this resource is an easy reference guide. We will take you through a comparison of the subject content and assessment for each awarding body.

The comparison is based on the following OCR specifications:

- OCR Advanced subsidiary GCE in Physical Education H154
- OCR Advanced GCE in Physical Education H554.

### Support

As well as great qualifications with AQA you benefit from:

- comprehensive resources that will help you confidently plan, teach and prepare for exams
- advice from our subject experts
- proven training to help you to introduce new specifications, improve your teaching skills or develop your leadership potential.

### Unit 1: An introduction to Physical Education

New AQA specification	Current OCR specification
<p>The musculo-skeletal system and analysis of movement in physical activity and sport (3.1.1.5)</p> <p>Neuromuscular system (3.1.1.4)</p> <p>Preparation and training methods in relation to maintaining physical activity and performance (3.2.1.2)</p> <p>Biomechanical principles (3.2.2.1)</p> <p>Cardiovascular system (3.1.1.2)</p> <p>Respiratory system (3.1.1.3)</p>	<p>Section A: Anatomy and physiology</p> <p>The skeletal and muscular systems</p> <p>Motion and movement</p> <p>Cardiovascular and respiratory systems</p>
<p>Skill, skill continuums and transfer of skills (3.1.2.1)</p> <p>Impact of skill classification on</p>	<p>Section B: Acquiring movement skills</p> <p>Classification of motor skills and abilities</p>

<p>structure of practice for learning (3.1.2.2)</p> <p>Use of guidance and feedback (3.1.2.4)</p> <p>Memory models (3.1.2.5)</p> <p>Principles and theories of learning and performance (3.1.2.3)</p> <p>Motivation (3.2.3.1.6)</p> <p>Arousal (3.2.3.1.3)</p>	<p>Development of motor skills</p> <p>Information processing</p> <p>Motor control</p> <p>Learning skills in physical activity</p>
<p>Concepts of physical activity and sport (3.2.4.1)</p> <p>Emergence of globalisation of sport in the 21st century – industrial and post-industrial (3.1.3.1)</p> <p>Sociological theory applied to equal opportunities (3.1.3.2.1)</p> <p>Drugs in sport (3.2.4.5)</p> <p>Impact of commercialisation on physical activity and sport and the relationship between sport and the media (3.2.4.7)</p> <p>Violence in sport (3.2.4.4)</p>	<p>Section C: Socio-cultural studies relating to participation in physical activity</p> <p>Physical activity</p> <p>Sport and culture</p> <p>Contemporary sporting issues</p>

## Unit 2: Acquiring, developing and evaluating practical skills in Physical Education

New AQA specification	Current OCR specification
<p>4.4: Non-exam assessment (NEA) Practical performance in physical activity and sport</p> <p>Personal performance</p> <p>One role in one activity</p> <p>Demonstrate and apply relevant skills and techniques in physical activity and sport</p>	<p>Task 2.1: Personal performance</p> <p>One or more roles in two activities</p>
<p>4.4 Non-exam assessment (NEA): Practical performance in physical activity and sport</p>	<p>Task 2.2 Evaluating and planning for the improvement of performance</p>

Analyse and evaluate performance and identify areas of improvement (verbal or written)	
--	--

## Unit 3: Principles and concepts across different areas of Physical Education

New AQA specification	Current OCR specification
Emergence of globalisation of sport in the 21st century (pre-industrial; industrial and post-industrial; post World War II to present) in relation to football, tennis, athletics (3.1.3.1)	Section A: Socio-cultural options: Option A1 – Historical Studies Popular recreation
Aspects of personality (3.2.3.1.1) Attitudes (3.2.3.1.2) Achievement motivation (3.2.3.1.7) Attribution theory (3.2.3.1.11) Aggression (3.2.3.1.5) Group dynamics (3.2.3.1.9) Leadership (3.2.3.1.13) Social facilitation (3.2.3.1.8) Importance of goal setting (3.2.3.1.10) Self-efficacy and confidence (3.2.3.1.12) Anxiety (3.2.3.1.4) Stress management (3.2.3.1.14)	Section B: Scientific options: Option B1 – Sports Psychology Individual aspects of performance that influence young people's participation and aspirations
Biomechanical principles (3.2.2.1) Linear motion (3.2.2.3) Projectile motion (3.2.2.5) Fluid mechanics (3.2.2.6) Angular motion (3.2.2.4)	Option B2 – Biomechanics Linear motion Force in physical activity Fluid mechanics in physical activity Stability and angular motion in physical activity
Energy systems (3.1.1.6) Preparation and training methods in	Option B3 – Exercise and Sport Physiology

<p>relation to maintaining physical activity and performance (3.2.1.2)</p> <p>The role of technology in physical activity and sport (3.2.4.8)</p> <p>Diet and nutrition and their effect on physical activity and performance (3.2.1.1)</p> <p>Drugs in sport (3.2.4.5)</p>	<p>Energy</p> <p>Health components of physical fitness and the benefits of a sustained balanced, active and healthy lifestyle</p>
---	---

## Unit 4: The improvement of effective performance and the critical evaluation of practical activities in Physical Education

New AQA specification	Current OCR specification
<p>4.4 Non-exam assessment (NEA): Practical performance in physical activity and sport</p> <p>Personal performance</p> <p>One role in one activity</p> <p>Demonstrate and apply relevant skills and techniques in physical activity and sport</p>	<p>Task 4.1 Personal performance</p> <p>One role in one activity</p>
<p>4.4 Non-exam assessment (NEA): Practical performance in physical activity and sport</p> <p>Analyse and evaluate performance and identify areas of improvement (verbal or written)</p>	<p>Task 4.2 Evaluation, appreciation and the improvement of performance</p>

## Assessment

New AQA specification	Current OCR specification
<p>Paper 1: Factors affecting performance in physical activity and sport</p> <p>35% of A-level</p> <p>2 hours</p> <p>105 marks</p>	<p>AS Unit G451: An introduction to Physical Education</p> <p>60% of the total AS GCE marks</p> <p>2 hour written paper</p> <p>90 marks</p>
<p>Paper 2: Factors affecting optimal performance in physical activity and sport</p> <p>35% of A-level</p> <p>2 hours</p> <p>105 marks</p>	<p>AS Unit G452: Acquiring, developing and evaluating practical skills in Physical Education</p> <p>40% of the total AS GCE marks</p> <p>Practical 80 marks</p>
<p>Non-exam assessment (NEA): Practical performance in physical activity and sport</p> <p>30% of A-level</p> <p>Internal assessment/external moderation</p> <p>90 marks</p>	<p>A2 Unit G453: Principles and concepts across different areas of Physical Education</p> <p>35% of the total Advanced GCE marks</p> <p>2 hour 30 minutes written paper</p> <p>105 marks</p>
	<p>A2 Unit G454: The improvement of effective performance and the critical evaluation of practical activities in Physical Education</p> <p>15% of the total Advanced GCE marks</p> <p>Practical 60 marks</p>