

# **OCR A2 Physical Education**

**Exercise and Sport Physiology**

## **Teacher Resource File**

**Energy**

**Health Components of Physical Fitness  
Application of the Principles of Training  
Performance Enhancement**

**Dr Sarah Powell**  
for



Introduction

# OCR Physical Education

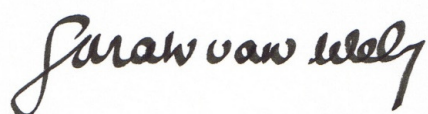
## A2 – Exercise and Sport Physiology

### Teacher Resource File

This Teacher Resource File has been designed to support teaching and learning of the A2 Sport and Exercise Physiology section of the G453 theory unit. It has been written for PEfocus by Dr Sarah Powell who is a highly experienced teacher of A Level Physical Education whose PhD is in objective physical activity assessment and bone density in children.

On this CD/file you will find handouts, worksheets, fill-ins, match up games and various other ‘masters’ to photocopy and use in your classroom. Some will help students with course organisation while others can conveniently be used as warm up and plenary tasks. Some offer handy class or homework activities to check learning and others are for making resources such as cue/question cards that can be used year after year when reviewing work at test or revision time. There are often four per set to represent the four main sections of the Exercise and Sport Physiology specification (energy, health components of physical fitness, application of the principles of training, and performance enhancement). A number of documents have been included to help with preparation for the extended 20-mark questions. It’s not expected that you’ll use everything each year with each group but will select, develop and adapt tasks to suit your needs and your learners. The aim is to provide time saving, high quality and reliable support for busy, enthusiastic teachers.

I hope that you and your students find this resource stimulating, engaging and valuable and I wish you all the very best for an enjoyable and beneficial teaching and learning experience.



**Sarah van Wely**  
**PEfocus**

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