

Physiological Factors Affecting Performance - Biomechanics

Tutor: Emma Stephens (see Emma's profile below)

Benefits of attending this course which is suitable for all levels of knowledge and teaching experience:

- you'll be part of an intense, highly professional and productive day that's also relaxed and enjoyable
- increased knowledge and confidence
- powerful tips, tools, techniques and ideas throughout
- hard copy and electronic materials
- focus on: examination questions and technique – including multi-choice, structured and synoptic – tips for success 'on the day'

10.00-11.30

AS Biomechanics - knowledge and a variety of teaching ideas

- Newton's laws of motion
- Force – focus on free body diagrams
- Centre of mass
- Levers

Coffee/discussion: 11.30-11.45

11.45-1.00

***A Level - specification requirements, knowledge and some teaching ideas**

- Linear motion
- Angular motion

Lunch/discussion: 1.00-1.45

1.45-3.30 (with short break during session)

***A Level - specification requirements, knowledge and some teaching ideas**

- Projectile motion
- Fluid mechanics

Emma

- is an extremely enthusiastic and successful teacher of A Level PE
- having taught all sections of the OCR course for many years
- she is Senior Curriculum Manager at Farnborough Sixth Form College – an Ofsted outstanding college
- with a wealth of knowledge and ideas to share
- Emma is an experienced Team Leader (theory) and Practical Moderator (coursework) for a leading examination body
- and a practised INSET tutor
- she has written one of the new Pefocus (OCR endorsed) Teacher Resource Files