



Time, Equipment and Expenses:

Students will be required to use a GCSE PE Text book for their theory lessons which cost approximately £16. These will be available to purchase once they have been published. In addition, we offer the students the opportunity to purchase a GCSE PE Polo shirt to wear in their practical lessons. These cost approximately £20. Students are also expected to bring the required specialist equipment in for their practical lessons, where appropriate.

For more information speak to Miss Holt, Head of PE or your P.E. teacher

MODERN FOREIGN LANGUAGES

Please refer to the Core Curriculum MFL page for further details of courses offered.

GCSE PHYSICAL EDUCATION (Code: Ss)

Exam Board: **OCR**

How is it taught?

Miss Holt and Mr Chappell both teach GCSE PE and it is likely you will be taught by both teachers over the 3 years. Students should have one Practical and one Theory lesson a week, although this depends on the time of year and the facilities available. Homework will be set after both practical and theory lessons and will include research as well as written work.

Learning outcomes require students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution which physical activity makes to health, fitness & well-being
- understand key socio-cultural influences which affect people's involvement in sport.

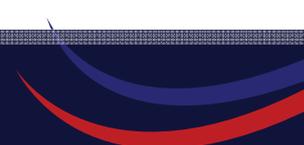
Component 1: Physical factors affecting performance

Applied anatomy and Physiology

- *Structure and function of the muscular & skeletal systems*
- *Movement analysis*
- *Cardio and respiratory systems*
- *Effects of exercise on body systems*

Physical training

- *Components of fitness, applying the principles of training & preventing injury*



GCSE PHYSICAL EDUCATION CONTINUED

Component 2: Sociocultural issues and sports psychology

Sociocultural influences

- Engagement patterns of different social groups
- Ethical and sociocultural issues in physical activity and sport

Sports psychology

Health, fitness and well-being

Component 3: Performance in physical education

Students are internally assessed (NEA [used to be CA]) for their practical activities and one performance analysis task. NB students can only be assessed in the role of player/performer.

Learners can only be assessed in activities from the approved DFE list, one from the 'individual' list, one from the 'team' list, one other from either list.

Individual Activity:

Amateur Boxing, Athletics, Badminton, Boccia, Canoeing, Cycling, Dance, Diving, Equestrian, Golf, Gymnastics, Kayaking, Polybat, Rock Climbing, Sculling, Skiing, Snowboarding, Squash, Swimming, Table Tennis, Trampolining.

Team Activity:

Association Football, Badminton, bAsketball, Blind CVricket, Camogie, Cricket, Dance, Gaelic Football, Goal Ball, Handball, Hockey, Hurling, Lacrosse, Netball, Powerchair Football, Rowing, Rugby League, Rugby Union, Squash, Table Cricket, Table Tennis, Tennis, Volleyball, Wheelchair Basketball, Wheelchair Rugby.

Content Overview	Assessment Overview	
Applied anatomy and physiology	Physical factors affecting performance (01)	30%
	60 marks	of total GCSE
Physical training	1 hour	
	written paper	
Socio-cultural influences	Socio-cultural issues and sports psychology (02)	30%
	60 marks	of total GCSE
Sports psychology	1 hour	
Health, fitness and well-being	written paper	
Practical Activity assessment	Performance in physical education (03)	40%
	80 marks	of total GCSE
Analysing and evaluating performance (AEP)	Non-exam assessment	
	1) Performance practical in three activities, equally weighted at 20 marks each - 60	
	2) Analysing and Evaluating Performance (AEP) - 20	