

Examination PE: GCSE PE

In Year 9, all students will begin “Examination PE” and cover fundamental theoretical concepts crucial to both the GCSE and BTEC pathway. A decision about which route each student will take into Year 10 and 11 will be made during Term 2 of Year 9 by the school and this will be based on each student’s progress in the theoretical and practical components.

Outline of the GCSE course

Our GCSE in Physical Education equips students with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, and the benefits of physical activity to health, fitness and well-being. The content of OCR’s GCSE in Physical Education is divided into three components. Each component is further sub divided into topic areas and the detailed content associated with those topics.

Component 01 (30%): Physical factors affecting performance

Topic areas: Muscular, skeletal and cardio-respiratory systems; Movement analysis; Planes, axis and levers, Optimising Physical training.

Component 02 (30%): Socio-cultural issues and sports psychology

Health, fitness and well-being; Classification of skills and goal setting; Ethical and socio-cultural issues in sport, such as using performance enhancing drugs and the influence of commercialisation.

Component 03 (40%): Performance in physical education (NEA)- Performance of three activities taken from the two approved lists*. Furthermore, students will complete one piece of course work, Analysing and Evaluating Performance (AEP), contributing to 10% of the NEA.

* Students taking part in activity outside of school, such as skiing, can be assessed in this, they need to obtain the criteria from a member of PE and provide DVD evidence.

Team activities			Individual activities		
Association football	Badminton	Basketball	Amateur boxing	Athletics	Badminton
Camogie	Cricket	Dance	Canoeing	Cycling	Dance
Gaelic football	Handball	Hockey	Diving	Golf	Gymnastics
Hurling	Lacrosse	Netball	Equestrian	Kayaking	Rock climbing
Rowing	Rugby League	Rugby Union	Rowing	Sculling	Skiing
Squash	Table tennis	Tennis	Snowboarding	Squash	Swimming
Volleyball			Table tennis	Tennis	Trampolining
Specialist team activities			Specialist individual activities		
Blind cricket	Goal ball	Powerchair football	Boccia	Polybat	
Table cricket	Wheelchair basketball	Wheelchair rugby			

Assessment

1. Theoretical Section: 60% of total grade / 2 papers.

Physical factors affecting performance / 60 MARKS / 1 HOUR LONG

Socio-cultural issues and sports psychology / 60 MARKS / 1 HOUR LONG

2. Non-exam assessment (NEA): Practical performance in physical activity & sport - 40% of overall grade/80 MARKS.

Why study GCSE PE?

If you enjoy and are good at participating in a range of practical sports, but are also interested in learning more about PE and sport, such as knowing how the body systems change when playing sport, the delivery of sport from school to international level and how the media promote sport, then GCSE is for you. You will be expected to complete homework and progress tests on time and actively participate in theory lessons. Within practical activities you are expected to always bring your PE kit and perform with maximum effort. This is a great course, but you only get out what you put in. Specification at a glance:



For more information about this subject and the course, please contact:
Miss D Humphreys or your PE teacher.