

Physical Education GCSE

You should have an interest in PE and sport, enjoy being active

Aims of the Course

- To improve your knowledge, skills and understanding of a range of physical activities.
- To foster an enjoyment of sports through physical activity.
- To become increasingly effective in your performance in different types of physical activity.
- To understand how the body works during exercise and learn which factors affect performance.
- To understand safety aspects and risk assessment in sport and physical activity.
- To identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity.

Course Content

Theoretical Component

The course is examination-based after you have studied different units of work such as Physical Factors, Affecting Performance and Socio-Cultural Issues and Sports Psychology. The theoretical component is the main component of the qualification.

Practical Component

The course is assessed on Performance in Physical Education. You will pursue a range of activities for which you are given marks. The categories from which sports must be chosen are listed on the OCR website and will be shared with you at the start of the course. (Any sport currently being performed out of school may also be assessed e.g., golf).

Analysis

An analysis of performance must be produced on technique, coaching and training, this counts towards your final mark.

Teaching and Learning Methods

A variety of methods will be used both inside the classroom and in practical situations. You will produce notes and complete assignments whilst learning the course's theoretical content. The practical component will be delivered in the gym, sports hall or outside. You will need to be fully involved during this aspect of the course.

Students may study either GCSE PE or Cambridge National Sports Studies but not both. School staff will use our knowledge of students to determine which is the more appropriate course for each individual.

ASSESSMENT

Examination: 60% Practical: 30% Analysis: 10%

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