

Physical Education

OCR

GCSE



Course Description

GCSE PE – OCR You will participate in a wide range of sporting activities as a mixed group. **Swimming is compulsory for all GCSE PE students.** Due to the recent changes to all GCSE PE exam boards the weighting of the GCSE PE is now **30% practical & 70% theory.** Please bare this in mind when choosing your preference._

What topics will I be covering?

Component 1: The human body and movement in physical activity and sport.

Topic 1: Applied anatomy and physiology

Topic 2: Movement analysis

Topic 3: Physical training

Topic 4: Use of data

Component 2: Socio-cultural influences and well-being in physical activity and sport.

Topic 1: Health, fitness and well-being

Topic 2: Sport psychology

Topic 3: Socio-cultural influences

Topic 4: Use of data

How much of the course is examination or Controlled Assessment?

70% Examination: Component 1-1hr exam/Component 2- 1hr exam
30% Practical Assessment: 3 practical activities- 1 activities must be a team game & 1 other activity must be an individual activity, third activity of your choice.

How much work is required after school?

You will need to attend extra-curricular activities in order to improve your practical performance. Students who participate in activities outside of school tend to achieve higher practical scores than those who don't.

How is the work assessed and when?

Practical activities will be assessed during the two years with final marks submitted at the start of March in Year 11. A practical moderation will take place with an external moderator who comes into school. One controlled assessment at the end of year 10.

What do I need to achieve a good grade?

You need to perform to a high standard in three activities and attend a variety of extra-curricular activities. Challenge yourself in both theory & all practical lessons.

If I want to study the subject after GCSE, what grade must I get?

To study PE beyond school you will need at least a grade "5"

What career options lead from this subject?

Sports coaching, PE teaching, leisure centre work, physiotherapy, sports therapist, personal trainer, sports psychologist & sports nutritionist

