

Physical Education

OCR

GCSE



Course Description

Students will develop a broad range of theoretical knowledge across various different aspects of physical activity and sport. This includes anatomy and physiology, physical fitness and sports psychology.

As part of the course, it is essential that students compete in regular competitive sport. This helps to develop core skills and physical fitness as well as improving knowledge of rules and tactics.

What topics will I be covering?

Component 1: Physical factors affecting performance

- 1.1: Applied anatomy and physiology
- 1.2: Physical training

Component 2: Socio-cultural influences and sports psychology

- 2.1: Socio-cultural influences
- 2.2: Sports Psychology
- 2.3: Health, fitness and well-being

How much of the course is examination or controlled assessment?

60% Examination:
Component 1: 1 hour exam (60 marks)
Component 2: 1 hour exam (60 marks)

10% Coursework:
Analysing and Evaluating Performance task (20 marks)

How much of the course is Practical Assessment?

30% Practical Assessment:
3 sports graded out of 60 marks (20 marks each)
- One team sport
- One individual sport
- One other team or individual sport

How much work is required after school?

Regular revision of key terminology will be required throughout the three of study to be successful in written exams. Attendance at extra-curricular activities will be required in order to improve practical performance. Students who participate in competitive sport outside of school will achieve higher practical scores than those who don't.

How is the work assessed and when?

Practical sports activities will be assessed during the three years with final marks submitted at the start of March in Year 11. A practical moderation will take place where an external moderator will observe students practical sport performance to review submitted marks.

What do I need to do to achieve a good grade?

Regular revision of keywords and sporting examples across all topic areas. To perform to a high standard in three sporting activities and attend a variety of extra-curricular activities.

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, physiotherapy, personal trainer, sports psychologist & sports nutritionist