



## GCSE PE (J587) Vs Sports Studies (J829)

Qualification	GCSE	Cambridge National Level 2
Exam assessment	<p><b>Exam 01</b> - Physical factors effecting performance</p> <p><b>Exam 02</b> - Socio Cultural Issues in sport</p> <p>Both exams sat at the end of year 11 and <b>worth 60%</b> of whole GCSE</p>	<p>R184 - Contemporary Issues in sport <b>exam worth 40%</b> of final grade conducted at the end of year 11</p>
Non Exam Assessment	<p><b>NEA 03</b> - Performance in physical education</p> <p>Practical assessment in all sports with best three scores counting towards final grade <b>worth 30%</b> (10% per sport)</p> <p>Written controlled assessment <b>coursework</b> in improving sporting performance in a chosen sport <b>worth 10% (written)</b></p>	<p><b>R185 - Performance &amp; Leadership in sports activities worth 40%</b> of final grade Assessed via <b>2 practical</b> assignments and <b>3 written assignments</b></p> <p><b>R187 - Increasing awareness of outdoor &amp; adventurous activities 20%</b> of final grade Assessed via <b>1 practical</b> assignment and <b>3 written assignments</b></p>
Content covered	<p>Exam 1 - Skeletal System, Muscular System, Movement Analysis or Biomechanics, Cardiovascular &amp; respiratory system, Effects of Exercise on the Body, Physical Training Principles, Components of fitness, Preventing Injury</p> <p>Exam 2 - Physical Activity in the UK, Participation, Commercialism in sport, Ethics in sport, Drugs in sport, Violence in sport, Skill acquisition, Goal Setting, Mental preparation, Health fitness &amp; well being, Diet &amp; Nutrition</p>	<p>Unit R184 - Issues which affect participation in sport, The role of sport in promoting values, The implications of hosting a major sporting event, The role of National Governing Bodies The use of technology in sport,</p> <p>Unit R185 - Key components of practical performance, Applying practice methods to support improvement, Organising, planning, delivering and reviewing a sports activity session</p> <p>Unit R187 - Provision for different types of OAA in the UK, Equipment, clothing and safety aspects of participating OAA, Plan for and participate in an evaluate an OAA activity</p>
Suitable for	<p>Students who prefer exam style assessment</p> <p>Level of Practical performance more important so students who represent the school and play for clubs outside of school</p> <p>Students with a sound grasp of the Sciences especially Biology</p> <p>Students looking to progress to A-Level PE in 6<sup>th</sup> form</p>	<p>Students who prefer coursework style assessment (which starts straight away in year 10)</p> <p>Good time management</p> <p>Students who are capable of demonstrating good leadership skills</p> <p>Students with an interest in outdoor adventurous activities (OAA)</p>