

Physical Education GCSE
Examination Board: OCR

What is the course like?

This course includes a strong emphasis on both theoretical and practical performance elements. Pupils should have an interest in both of these elements, demonstrated through commitment to extra-curricular sport at Key Stage 3, representing the school in at least one sport or an outside school equivalent. Pupils need to continue to attend school clubs or outside clubs throughout the course to ensure good practical grades. Given that the theoretical element of the course contains a high level of physiology, it is an advantage if pupils have an interest and ability in science, in particular biology.

What is studied during the course?

The course contains three components:

1. *Physical factors affecting performance (theory)*

Pupils will explore the way in which the parts of the human body work and function during physical activity and physiological adaptations that can occur due to diet and training. They will also develop their knowledge and understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

2. *Socio-cultural issues and sports psychology (theory)*

Pupils will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and optimising performance. They will develop knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Pupils will also develop their knowledge and understanding of how sport impacts on society, including engagement patterns of different social groups and strategies to promote participation. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media.

3. *Performance in physical education (practical)*

Pupils will undertake practical performance in several sports before focusing on three different activities including at least one from a list of individual activities and one from a list of team sports. All major team games are available to be assessed in. For the full list of approved activities, please see page 68 in the following document: <http://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment.pdf>

How is the course assessed?

Components 1 and 2 are each worth 30% of the final grade and are each assessed through a one hour examination containing a range of short and extended questions. Component 3 contributes 40% of the final grade and is a non-exam assessment involving practical performance in three activities (see above), as well as a performance analysis of a sport or activity which may or may not be one of the three practical activities.

Additional Information

Pupils should express a preference on their option form to show which of the two courses out of GCSE PE or Sports Studies they would like to follow after seeking advice from their PE teacher. Please note that the school intends to run classes in both PE/Sport courses.

For further information, please contact Mr Brailey, Mrs Place or Mrs Davidge-Lumber.