

# GCSE PE

Examination Board: OCR GCSE Physical Education (9-1) - J587 (from 2016)

## [GCSE PE](#)

### **Course Description:**

This is a combined practical and theory course that allows students to study PE in an academic setting. The practical lessons will be delivered through your 1 hour of core PE per week. The theory will be taught in GCSE timetabled lessons with the potential of more practical in the three hour per week group. Students are encouraged to be of an already high standard in at least two of the three practical areas.

### **Assessment:**

This qualification is assessed through 3 elements:

Students will be internally assessed in three practical activities, each sport equating to 10% of the course and therefore a total of 30%. Students can only be assessed as a performer, they will be required to be assessed in a sport from an individual sport lists, the team list and one other.

In addition to the three practical activities, students are required to demonstrate their ability to analyse and evaluate their own or a peer's performance. This task involves analysing the strengths and weaknesses of the performance and produce an action plan which aims to improve the quality and effectiveness of the performance. This makes up an additional 10% of the course.

Students will also sit two theory papers, both of which are marked out of 60 and make up the final 60% of the course. One paper is on the Physical Factors affecting Performance, which includes topics on the muscular, skeletal, cardiovascular and respiratory systems as well as physical training methods and principles. The other paper is on Socio-Cultural Issues and Sports Psychology and allows in-depth discussions into why people play sport and ethical issues surrounding sport such as performance enhancing drugs.

### **Why Study GCSE PE?**

This course will prepare students for further study of Physical Education or sports science courses. This course helps student to be confident, independent and effective decision makers who can work effectively individually or part as a team. These are life skills.

**Further information on GCSE PE can be obtained from Miss N Ostinelli–Director of PE and Sport.**

