

PHYSICAL EDUCATION

Type of Qualification: GCSE (OCR)

How it is assessed: Theory 60%
Controlled Assessment 10%
Practical 30%

Course Overview:

Students accessing this course will require a strong background in science and a minimum practical Level 6 grade at the end of Year 8.

This GCSE course gives students the opportunity to further their understanding of Physical Education. Students will study the different roles within sport and the relationship between the factors affecting participation and performance. The course covers how and why people get involved in sport and looks at why it is important to lead an active lifestyle.

The course is broken into 3 units.

- In Unit one, students will study theory aspects based on Physical Factors Affecting Performance including Anatomy & Physiology and Physical Training.
- In Unit two, students will study Socio-Cultural Issues & Sports Psychology this will include how Sports Psychology affects performance, Socio-cultural influences on the uptake and continued participation of individuals in sport, as well as gaining an understanding of Physical Activities impact on Health, fitness and wellbeing.
- Unit 3, requires students to be assessed in practical performances across 3 activities (1 of which will be team based and 1 individual based). Throughout the course, students will be expected to participate in both theory and practical sessions.

Students will be required to complete an analysis and evaluation of performance as part of the controlled assessment element of the course, this will require students to be able to identify strengths and weaknesses in own performance and compare to the perfect model.

Beyond Year 11:

The GCSE course provides a good grounding to study more advanced courses such as AS/A2 Physical Education or a Level 3 Sport course.

