

# GCSE

# PHYSICAL EDUCATION

The GCSE PE course is suitable for those students who wish to continue to develop the standard of their practical performance, as well as enhancing their understanding of theory topics such as Anatomy and Physiology, Physical Training, Sport Psychology and Health and Fitness. A large majority of allocated lesson time is spent covering theory content. Therefore a full commitment to extra-curricular sporting clubs and activities is essential and is a **compulsory** requirement of the course. **Students must be regularly taking part in a minimum of 2 sports (extra-curricular at Bishop Challoner or at an external club).**

**The content of the GCSE course is divided into three components.**

1. Physical Factors affecting performance (Assessed **externally** through one, 1hour written exam paper- 60marks- 30% of total GCSE)
2. Socio-Cultural issues and sports psychology (Assessed **externally** through one, 1hour written exam paper- 60marks- 30% of total GCSE)
3. Performance in Physical Education, 3 practical activities (20 marks for each) and an Analysing and Evaluating Performance Controlled Assessment (AEP) (20 marks) (Assessed **internally** over the course of 2 years and through **external moderation** at the end of the 2 years- 80marks- 40% of GCSE)

**Performance of three activities taken from the following lists**

- One from the 'individual' list
- One from the 'team' list
- One from either list

**Some of the theory topics covered are:**

- Functions of the skeletal and muscular system
- Bones, muscles and joints
- Effects of exercise on the body
- Components of fitness
- Media and sponsorship
- Methods of exercise and training
- Ethics, drugs and violence in sport
- Mental preparation
- Feedback in sport
- Components of a healthy balanced diet

**EXAMINATION BOARD:** OCR

**ASSESSMENT DETAILS:**

Practical performance in 3 sports (3 x practical assessments across the 2 years)	30%
1 written controlled assessment tasks (1 x AEP controlled Assessment)	10%
2 theory examinations (2 x 1 hour written examinations sat at the end of Year 11)	60%

## CASE STUDY

*Amber Year 11*

*I am very enthusiastic in sport and participate in many sports outside of school. I took this course because I wanted to learn more of the theory side.*

*I have enjoyed learning about the human anatomy and the different way our body works in and out of sport.*

*I've also enjoyed learning about the physiology and the history of sport and how it is adopted.*

*In taking this course I now know the science behind how we co-operate in sport and blood transportation during exercise.*

*In the future I want to do A Level biology and psychology. GCSE PE has helped me to gain confidence and will contribute to these subjects.*

*Year 9 students need to stay on top of coursework and to try their hardest in practical sessions without feeling embarrassed.*



## TEAM LIST

Acrobatic Gymnastics (cannot be assessed with gymnastics)  
 Association Football (cannot be five-a-side, cannot be assessed with futsal)  
 Badminton (cannot be assessed with singles)  
 Basketball (cannot be street basketball)  
 Blind Cricket  
 Camogie (cannot be assessed with hurling)  
 Cricket  
 Dance (cannot be used as both a team and individual activity)  
 Figure Skating (This can only be used for one activity. Cannot be assessed with dance)  
 Futsal (cannot be assessed with football)  
 Gaelic Football  
 Goal Ball  
 Handball  
 Hockey (must be field hockey)  
 Hurling (cannot be assessed with camogie)  
 Ice Hockey (cannot be assessed with inline roller hockey)

Inline Roller Hockey (cannot be assessed with ice hockey)  
 Lacrosse  
 Netball  
 Powerchair football  
 Rowing (cannot be assessed with sculling, canoeing or kayaking)  
 Rugby League (cannot be tag rugby or assessed with Union or sevens)  
 Rugby Union (can be assessed as 7s or 15 a side, cannot be tag rugby or assessed with league)  
 Sailing  
 Sculling (cannot be assessed with individual sculling, rowing, canoeing or kayaking)  
 Squash (cannot be assessed with singles)  
 Table cricket  
 Table tennis (cannot be assessed with singles)  
 Tennis (cannot be assessed with singles)  
 Volleyball  
 Water Polo  
 Wheelchair Basketball  
 Wheelchair rugby

## INDIVIDUAL LIST

Amateur Boxing  
 Athletics  
 Badminton (cannot be assessed with doubles)  
 Boccia  
 Canoeing (cannot be assessed with Kayaking, rowing or sculling)  
 Cross Country running (cannot be assessed with Athletics)  
 Cycling (Track or road or BMX (racing, not tricks) only)  
 Dance (cannot be used as both a team and individual activity)  
 Diving (Platform diving)  
 Equestrian  
 Figure Skating (This can only be used for one activity. Cannot be assessed with dance)  
 Golf  
 Gymnastics (Floor routines and apparatus only)  
 Kayaking (cannot be assessed with sculling, canoeing or rowing)

Polybat  
 Rock Climbing (can be indoor or outdoor)  
 Sailing  
 Sculling (cannot be assessed with sculling, canoeing or rowing)  
 Skiing (must take place on snow, indoors or outdoors, cannot be assessed with snowboarding)  
 Snowboarding (must take place on snow, indoors or outdoors, cannot be assessed with skiing)  
 Squash (cannot be assessed with doubles)  
 Swimming (cannot be synchronised, personal survival or lifesaving)  
 Table Tennis (cannot be assessed with doubles)  
 Tennis (cannot be assessed with doubles)  
 Trampolining  
 Windsurfing

## CASE STUDY

*George, Year 11*

*I have always enjoyed sport and this course allowed me to explore different sports that I wouldn't normally have played, such as table tennis.*

*I have enjoyed learning new techniques and playing as a team in sports like basketball. I've also enjoyed the biology side of the course as it has helped me to understand the heart and lungs more.*

*PE GCSE will enable me to explore sport related jobs in the future whether that be taking part in sport or a sports therapist.*

*Year 9 students should take PE if they enjoy sport and prefer a more active approach to learning.*



**For further information contact: Mrs Law**