

Physical Education

Course Title:	GCSE Physical Education OCR
Brief description of course	
<p>A GCSE in physical education equips pupils with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, and the benefits of physical activity to health, fitness and wellbeing.</p> <p>Paper 1 – Physical factors affecting performance (30%).</p> <p>Paper 2 – Socio-cultural issues and sports psychology (30%).</p> <p>Practical component - (30%)</p> <p>NEA - (10%)</p> <p>Although this subject has practical elements, it is a very theory based subject and most learning will be spent in a classroom environment.</p>	
Year 10 & Year 11 - Course outline	
<p>Component 1: Physical factors affecting performance (we will start with this in Year 10).</p> <p>1.1 Applied anatomy and physiology 1.2 Physical training</p> <p>Component 2: Socio-cultural issues and sports psychology</p> <p>2.1 Socio-cultural influences 2.2 Sports psychology 2.3 Health, fitness and well-being</p> <p>Component 3: Performance in physical education - Non Exam Assessment (NEA)</p> <p>3.1 Performance of three activities taken from the two approved lists: one from the 'individual' list; one from the 'team' list; one other from either list. (30%)</p> <p>3.2 Analysing and Evaluating Performance (AEP), task-based NEA. (10%)</p>	
Progression	
<p>This qualification is suitable for learners intending to pursue AS or A-levels, higher education or any career for which an understanding of the human body or human behaviour is desirable. This qualification provides a suitable introduction to further study in social sciences, or as part of a course of general education.</p>	