



GCSE PE

Specification = OCR GCSE (Grades 9-1)

This is an OCR academic course and as much time is spent on the theoretical aspects of sport (60%) as on practical performances of sport (40%). It is aimed at students who are strong sporting performers i.e. at least school team performers. It is also aimed at those students who have a real interest in: The physiological and psychological effects of exercise on the body; How the body biomechanically produces movements and; the impact sport has on society as a whole both nationally and internationally.

Students in Year 10 will have two options lessons per week to cover the theory content and two core lessons per week to cover the practical content. Students in Year 11 will have three options lessons per week to cover the theory content and two core lessons per week to cover the practical content. A variety of GCSE PE only extra-curricular activities will be offered to develop the necessary practical skills.

Students will sit **all** of their exams at the end of the course.

Subject content

- Applied Anatomy and Physiology
- Physical Training
- Sports Psychology
- Socio-Cultural Influences and Health
- Fitness and Wellbeing.

Alongside this are the practical skills of PE which are examined via practical assessment within school.

Assessments

Theory Content 60%, Non-Exam Assessment (NEA) 10%, and Practical Assessment 30%. Students will sit two written exams for GCSE PE at the end of Year 11.

Component 1: Physical Factors Affecting Performance (30%)

What's assessed

- Topic 1.1 – The structure and function of the skeletal system.
 - Topic 1.2 – The structure and function of the muscular system.
 - Topic 1.3 – Movement analysis.
 - Topic 1.4 – The cardiovascular and respiratory systems.
 - Topic 1.5 – The effects of exercise on the body systems.
 - Topic 2.1 – Components of fitness.
 - Topic 2.2 – Applying the principles of training.
 - Topic 2.3 – Preventing injury in physical activity and training.
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How it's assessed

- Written examination: 1 hour
- 60 marks
- 30% of GCSE PE

Questions

- **Section A** – 30 marks
 - 20 questions ranging in size/mark allocation across the topics
- **Section B** – 30 marks
 - 3 x 10 mark questions, 2 on A&P and 1 on physical training
 - Questions broken down into part questions.

Component Two: Socio-Cultural Issues and Sport Psychology (30%)

What's assessed

- Topic 3.1 – Engagement patterns of different social groups in physical activities
- Topic 3.2 – Commercialisation of physical activity and sport.
- Topic 3.3 – Ethical and socio-cultural issues in physical and sport.
- Topic 4.1 – Characteristics of skilful movement and classification of skills.
- Topic 4.2 – Goal setting.
- Topic 4.3 – Mental preparation.
- Topic 4.4 – Types of guidance and feedback.
- Topic 5.1 – Health, fitness and well-being.
- Topic 5.2 – Diet and nutrition.

How it's assessed

- Written examination: 1 hour
- 60 marks
- 30% of GCSE PE

Questions

- Written examination: 1 hour
 - **Section A** – 30 marks
 - 20 questions ranging in size/mark allocation across the topics
 - **Section B** – 30 marks
 - 3 x 10 mark questions, 1 on each topic
 - Questions broken down into part questions.
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Component Three: Performance in Physical Education (40%)

What's assessed

Part One: Practical Assessment - (30%)

- The assessment consists of learners completing three physical activities from a set list.

How it's assessed

- 60 marks. Each activity is out of 20 marks.
- One must be a team activity.
- One must be an individual activity.
- The final activity can be a free choice.

Team Activities

Association football	Goal ball	Rugby League
Badminton	Handball	Rugby Union
Basketball	Hockey – Field Hockey only	Squash
Blind cricket	Hurling	Table cricket
Camogie	Netball	Table tennis
Cricket	Powerchair football	Tennis
Dance	Lacrosse	Volleyball
Gaelic football	Rowing	Wheelchair basketball
		Wheelchair rugby

Individual Activities

Amateur Boxing	Equestrian	Snowboarding
Athletics	Golf	Squash
Badminton	Gymnastics	Swimming
Boccia	Kayaking	Table Tennis -
Canoeing	Polybat	Tennis
Cycling Track or road cycling only.	Rock climbing	Trampolining
Dance	Sculling	
Diving	Skiing	

What's assessed

Part Two: Analysing and Evaluating Performance (AEP) - (10%)

- Non-Exam Assessment (NEA)
- Coursework based formed of two parts: Performance

How it's assessed

- 20 marks
 - Internally marked and externally moderated
 - Performance analysis of a sport or activity from the approved DfE list. This does not have to be the same sport or activity that was undertaken in part one, although it can be.
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