



Year 9 Options Curriculum

2022—2024

GCSE PE (OCR) Full course

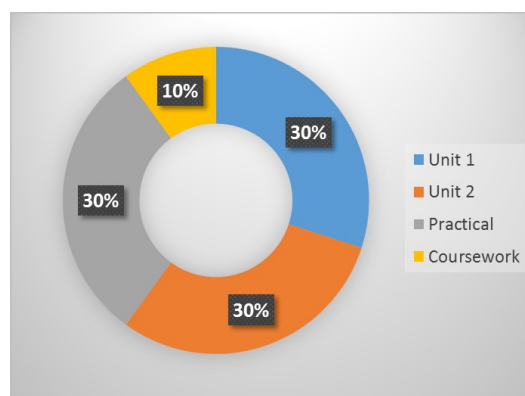
Course Overview

Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.

Understand how the psychological and physiological state affects sports performance.

Understand key socio-cultural influence that impact participation in physical activity/ sport.

Perform range of physical activities, selecting and developing tactical knowledge in these activities, along with analysing and evaluating sports performance.



Assessment

- **Unit 1 and 2, Written exams (both 1 hour long)= 60%**
- **Practical performance of 3 sports (at least 1 team and individual sport)= 30%**
- **Analysis of performance coursework= 10%**

Progression

A level PE

Cambridge Technical– Sport and Physical Activity Level 2 &

3.



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Modules Covered

Content Overview

Assessment Overview

J587/01 Physical factors affecting performance

This component will assess:

- 1.1 Applied anatomy and physiology
- 1.2 Physical training

Written paper: 1 hour
30% of total GCSE (9–1)
60 marks

This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.

J587/02 Socio-cultural issues and sports psychology

This component will assess:

- 2.1 Socio-cultural influences
- 2.2 Sports psychology
- 2.3 Health, fitness and well-being.

Written paper: 1 hour
30% of total GCSE (9–1)
60 marks

This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.

J587/04 Practical Performances

This component will assess:

- Core and advanced skills in three activities taken from the approved lists:
 - o one from the 'individual' list
 - o one from the 'team' list
 - o one other from either list.

Non-exam assessment (NEA)
30% of total GCSE (9–1)
60 marks

This NEA will consist of three activities, including at least one 'team' and at least one 'individual' sport from the approved activity lists, all performed in competitive situations.

J587/05 Analysis and Evaluation of Performance

This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.

Non-exam assessment (NEA)
10% of total GCSE (9–1)
20 marks

This NEA will consist of a written task that must be produced under controlled conditions.