

Physical Education

GCSE OCR

General Information:

In order to live, move and be physically active, we need our bodies to be in top working order. How can this be achieved? How do our bodies function to allow us to run, jump and throw? How can I improve my own performance? How can we ensure our bodies stay healthy for the rest of our lives? These are just some of the questions that the students undertaking GCSE PE will discover the answers to. Through a combination of theory and practical, they will enjoy a fascinating study into the human body, how it functions, and how it can be trained to meet the demands of sport. Through the course, pupils improve their practical skills, acquire confidence, self-esteem, respect for themselves and others along with an understanding of the rules and conventions of their chosen activities.

How is the course assessed?

The GCSE comprises two one hour exam papers, which will be taken at the end of Year 11, three practical performances and an analysis of performance area.

60% Theory - Examination: Two papers, each out of 60 marks and each worth 30% of the final grade.

Paper 1: Applied anatomy and physiology. Physical training.

Paper 2: Socio-cultural influences. Sports psychology. Health, fitness and well being.

40% Practical. Performance in Physical Education in 3 different areas each marked out of 20 and an Evaluating and Analysing Performance (EAP) section also marked out of 20.

Who's it for?

You should give this course serious consideration if:

- You are interested in the human body and how it is affected by sport
- You have an enjoyment of and an interest in sport
- You have a good understanding of English written skills and Biology
- You regularly participate in sport and P.E. lessons
- You are thinking of a career in the sport or leisure industry
- You have a desire to inspire and lead others to be fit and active
- You want to achieve excellence in your own sporting performance
- You are self motivated and driven to work individually and in a team

Progression

By obtaining a GCSE in P.E you can progress on to 'A' Level P.E courses and related vocational qualifications such as the Level 3 Cambridge Technical Extended Certificate in Sport and Physical Activity. The course develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities. This can include training in such areas as recreational management, physiotherapy, leisure activities, teaching, coaching, officiating, sports development the fitness industry and the armed forces.

