

Core PE – Option 1: GCSE PE

What is GCSE PE all about?

Studying GCSE Physical Education will open your eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide-ranging knowledge into the how and why of physical activity and sport. Through an introduction to all areas of PE, you will receive a well-rounded and full introduction to this fascinating world of PE, physical activity and sport. This GCSE study provides everything you need for your future move on to further education, higher education, employment or further training.

What topics will I cover?

You will get to learn more about exercise, how the body works to help you exercise and then through designing your Personal Exercise Plan, learn how performance can be improved. You will also get to learn about social issues in sport such as the use of drugs in sport and sports injuries. The topics below will be examined through two exams:

- Sports Psychology
- Socio-cultural Influences
- Health, Fitness and Wellbeing
- Anatomy and Physiology
- Physical Training

How am I assessed?

30% of the course is on your practical ability. In the practical lessons you will be assessed in a variety of sports, with three scores counting. You will be assessed on a weekly basis on:

1. Your ability to perform a range of skills
2. Your ability to apply the skills in the game

At the end of the two years, you will have two written exams on the theory topics. This will count for 60% of your overall GCSE PE grade (30% each). In addition to these two elements there will also be a piece of coursework related to you and your performance in sport worth 10% of your grade. Your combined theory and practical mark will determine your overall GCSE PE grade.

What examination board will I follow?

OCR

Is there any additional information about this course?

It is crucial that you can offer three sports to a good level across a range of activities and don't just specialise in one. It is a requirement that you participate competitively in at least one of these sports outside of school. You will need to participate in all practical lessons. This is the route that you will need to pursue if you have a desire to study A-Level PE.

Who should I speak to for further information?

Your PE teacher or Mrs Cracknell