

Subject: Physical Education		
Head of Department Ian Blower	Qualification GCSE	Exam Board OCR

There is both a practical and theoretical component to this course. Two lessons a week are classroom based. Practical work is taught and assessed in the remaining GCSE lesson and the two core PE lessons.

ASSESSMENT

60% written exams. 2 x 1 hour papers.

Paper 1 – Physical factors affecting performance

Paper 2 – Socio-cultural issues and sports psychology

30% practical performance [3 sports, at least one team sport and one individual plus one other.]

10% analysis and evaluation of performance. Written paper.

Theory work covers the following:

- | | |
|--|---|
| <ul style="list-style-type: none"> ● Skeletal system ● Muscular system ● Structure of joints ● Roles of muscles, movement and their location ● Structure and function of the cardiovascular system ● Structure and function of the respiratory system ● Aerobic and anaerobic exercise ● Short term effects of exercise ● Long term effects of exercise ● Components of fitness – cardiovascular endurance, muscular endurance, speed, strength, flexibility, agility, power ● Principles of training ● Methods of training ● Warm up/cool down | <ul style="list-style-type: none"> ● Potential hazards and prevention of injury ● Physical activity in sport in the UK ● Socio cultural factors affecting participation in physical activity ● Lever systems ● Characteristics of skilful movement ● Goal setting ● Mental preparation ● Feedback ● Ethics in sport ● Participation levels in physical activity ● Drugs in sport ● Violence in sport ● Health, fitness and well being ● Diet and nutrition ● Commercialisation |
|--|---|

Who is suited to this course?

- Students that enjoyed PE at Key stage 3
- Anyone with a real interest in sport and a possible future career in sport
- Someone who is a capable performer in at least 3 different sports and who is prepared to give any sport a try.
- Someone who takes part in physical activity regularly outside school and attends extracurricular practices, preferably playing for a school team.
- Somebody that is interested and motivated to learn the theory work associated with the course.
- A more detailed breakdown of the course can be found on the OCR website.