

## Exam Board & Course title: OCR 9-1 GCSE Physical Education

### Qualification: GCSE Physical Education

Qan Code: 601/84425

Entry Code: J587

Level of course: GCSE

### Assessment Methods:

Controlled practical assessments throughout the course, in 3 activities, with video evidence  
Ongoing theory assessments and examination

### Course content:

#### Physical factors affecting performance (01)

- 30% written exam 1 hour (60 marks).
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Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

There are two topics:

- 1.1 Applied anatomy and physiology.
- 1.2 Physical training.

#### Socio-cultural issues and sports psychology (02)

- 30% written exam 1 hour (60 marks).
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Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

There are three topics:

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

#### Practical Performance (04)

- 30% practical exam (60 marks).
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Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Performance of **three** activities taken from the two approved lists

- **one** from the 'individual' list
- **one** from the 'team' list
- **one** other from either list.

#### Analysis and evaluation of performance (AEP) (05)

- 10% Controlled Assessment (20 marks).

Students required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement through a **controlled assessment**.

### Qualification Aims:

GCSE PE will equip pupils 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.

**Skills you need:**

Practical ability in both team sports, and individual sports which include athletics, badminton, handball, netball, basketball. Other practical options may be used for assessment purposes, depending on the nature of the group and playing experience outside of school. You will need a high level of enthusiasm commitment, and independence.

**Skills you will acquire:**

Practical skills; improved fitness; officiating; leadership; problem solving skills, communication skills, teamwork and enhanced self-confidence and self-esteem.

**Progression routes and linked careers:**

To be able to study 'A' Level PE at college; to work in the health and fitness or sports industry; first step to becoming a PE teacher, sports coach, fitness instructor, physiotherapist, sport psychologist, sport journalist.

**Important Information.**

If you opt for PE, you will study either GCSE PE or OCR 1 / 2 Cambridge Nationals Certificate in Sports Studies. PE staff will select the correct course for the group of students opting for PE.

Pupils who opt for PE must be prepared to participate in extra-curricular activities in order to enhance their practical, leadership and officiating skills.

**Any questions see:** Miss McLeod – [nmcleod@levenshulmehigh.co.uk](mailto:nmcleod@levenshulmehigh.co.uk)