



### Why is the study of PE important?

Studying the OCR GCSE (9-1) PE course will open students' eyes to the amazing world of sports performance. Not only do students have the chance to perform in three different sports through the Non-Exam Assessment component, they can also develop wide-ranging knowledge about the how and why of physical activity and sport. The combination of physical performance and academic challenge provides an exciting opportunity for all sporting enthusiasts. Students can perform, and then through the academic study, learn how to improve their performance through application of the theory.

Sport is a high-profile and expanding industry and there is a growing need for qualified professionals and capable volunteers. It is also widely recognised that regular participation in sport and physical activity is highly beneficial both to individuals and to society as a whole. This course provides a strong foundation for students who wish to move into this form of employment post education and will motivate students to carry on participating in physical activity long after they leave.

### What skills will the study of PE teach you?

- Develop and improve technique and improve performance in competitive sports and physical activities
- Tactics and strategies to overcome opponents in team and individual games
- New skills in activities such as rock climbing
- An ability to analyse and evaluate their own and others' performances and demonstrate improvements
- Communication
- Team work & Independent study
- Resilience

### What will you know and understand from your study of PE?

The GCSE PE is taught through a range of different contexts and the impact it has on your own and others' everyday lives. You will learn the reasons why we do things and why some people outperform others – mentally and physically. The GCSE PE course includes two theoretical components as well as the practical performance element.

**The Physical factors affecting performance:** introduces and explores some of the physical factors which underpin participation and performance in physical activities and sports. Students will start to explore the ways in which parts of the human body work and function during physical activity, as well as the physiological adaptations that can occur due to diet and training. Learners will also develop their knowledge and understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

**Socio-cultural issues and sports psychology:** learners will develop their knowledge of socio-cultural influences that impact on participation and performance in physical activities and sports. Learners will also develop their knowledge and understanding of how sport impacts on society. Engagement patterns of different social groups will be understood by learners, along with strategies to promote participation with practical examples. The commercialisation of physical activities and sports will be understood, including the influences of sponsorship and the media. Learners will also develop their knowledge and understanding of ethical and socio-cultural issues in physical activities and sports.

**Practical activity assessment Analysing and Evaluating Performance (AEP):** Students are assessed performing their chosen activities, using the practical activity assessment criteria in conjunction with specific details provided for each activity. Learners are also assessed in their ability to select and perform appropriate skills consistently, precisely and with control and fluency in conditioned, competitive environments, adapting their performance to suit a variety of situations. Students are required to be assessed in one individual sport, one team sport then a third from either category.

### How can you deepen your understanding of PE?

There are lots of enrichment opportunities which are designed to improve the practical performance scores in a number of sports. These include table-tennis, badminton, football, rugby and rock climbing.

The OCR website has some great resources for students to access and we also recommend further reading into certain topics especially via the PE review emagazine.

## How are you assessed in PE?

There are several assessment points each year that we term Praising Stars®. We assess how students, at their current stage of study, are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the GCSE PE curriculum.

The GCSE in Physical Education consists of the two components that are externally assessed. These components are each worth 30% of the total GCSE. The final component is assessed via a practical moderation, which will include both performance and performance analysis. This component is worth 40% of the total GCSE.

## Key Assessment Objectives

**AO1:** Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**AO2:** Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.

**AO3:** Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

**AO4:** Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

## Study of PE can lead to a wide range of careers:

- PE Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Fitness instructor and personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

OCR Level 1/2 GCSE (9-1) in Physical Education Course Overview		
Term	Year 1	Year 2
<b>Autumn 1</b>	Practical activity assessment throughout the term. Applied anatomy and physiology Physical training	Practical activity assessment throughout the term. Applied anatomy and physiology Physical training
<b>Autumn 2</b>	Practical activity assessment throughout the term. Applied anatomy and physiology Physical training	Practical activity assessment throughout the term. Applied anatomy and physiology Physical training
<b>Spring 1</b>	Practical activity assessment throughout the term. Applied anatomy and physiology Physical training	Analysing and Evaluating Performance (AEP) Socio-cultural influences Sports psychology Health, fitness and well-being
<b>Spring 2</b>	Practical activity assessment throughout the term. Socio-cultural influences Sports psychology Health, fitness and well-being	Analysing and Evaluating Performance (AEP) Socio-cultural influences Sports Psychology, Health, fitness and well-being
<b>Summer 1</b>	Practical activity assessment throughout the term. Socio-cultural influences Sports Psychology, Health, fitness and well-being	Applied anatomy and physiology Physical training Socio-cultural influences Sports Psychology, Health, fitness and well-being
<b>Summer 2</b>	Practical activity assessment throughout the term. Socio-cultural influences Sports Psychology, Health, fitness and well-being	