



OCR Level 1/2 GCSE in Physical Education

Why is the study of GCSE PE important?

The OCR GCSE PE qualification offers students the opportunity to study key areas of Sport, including contemporary issues in sport such as values and ethics in sport, The Olympic Games and technology used in sport. Other units will give learners experience of anatomy and physiology and how your body responds to the demands of exercise. Different from Sports Studies, students are required to perform practically and are graded on their practical ability.

What skills will the study of GCSE PE teach you?

GCSE PE offers students the solid foundation required for further study or progression into the sports industry. Students will develop a wide range of highly desirable and transferable skills such as:

- Team work and cooperation
- Communication
- Problem solving
- Critiquing and analysing
- Independent study
- Performing under pressure

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

Socio-cultural issues and psychology

Here learners will be taught about ethics and core values in sport such as fair play and etiquette. They will also learn about the history of sport and the development of the Olympic and Paralympic games and evaluating the positives and negatives of hosting global events. Students will also learn about the psychology of sport and how athletes mentally as well as physically prepare for events and maintain positive mental health.

Physical factors affecting performance

Students will learn about the anatomy of the human body and how it responds to exercise in the short and long term. They will learn about fitness and how to increase areas of their own fitness through appropriate methods of training.

Practical performance

This is the students time to show their practical ability in 3 sports that they choose from a given list. They are graded against a set of skills, tactical awareness and decision making and will have to perform at various points throughout the year.

Analysis and Evaluation of performance

A written piece of coursework analysing their own or someone else's performance in a chosen sport. They will analyse strengths and weaknesses and create an action plan using information learned in 'physical factors affecting performance' to improve their performance.



OPEN ELEMENT SUBJECT OVERVIEW

How can you deepen your understanding of GCSE PE?

The teaching team at Level 2 is very strong and your teachers are experts in their field. You will receive high quality lessons and weekly after school enrichments are regularly offered to catch up, improve or extend knowledge. Useful websites and further reading include:

- OCR Past papers
- GCSE PE Revision Guide and Workbook (some provided)
- Use of www.theeverlearner.com
- Follow the department Twitter Account
- Regular revision sessions

How are you assessed in GCSE PE?

Physical factors affecting performance - Written exam for 1 hour (30% of overall grade)

Socio-cultural issues and psychology - Written exam for 1 hour (30% of overall grade)

Practical performance - Physical performance is assessed in 3 different sports (30% of overall grade)

Analysis and Evaluation of performance - (10% of overall grade)

Key Assessment Objectives

Physical factors affecting performance - Written exam for 1 hour (30% of overall grade)- Anatomy and Physiology and fitness and training. (externally assessed)

Socio-cultural issues and psychology - Written exam for 1 hour (30% of overall grade) (externally assessed)

Practical performance - Physical performance is assessed in 3 different sports (30% of overall grade). You are given a list of approved sports, of which you choose a team sport, an individual sport and a final one from either list. (Internally assessed and subject to moderation)

Analysis and Evaluation of performance - (10% of overall grade). Required to assess your own or someone else's performance in a chosen sport (Internally assessed)

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

This course is an appropriate gateway to a range of exciting careers and opportunities in the sporting industry.



OPEN ELEMENT SUBJECT OVERVIEW

Successful completion of the course offers an appropriate foundation for Level 3 Sport Courses such as A Level Physical Education and BTEC National Diplomas in Sport and Exercise Sciences. Candidates who successfully follow this pathway can look towards a career in a range of different professions such as PE Teacher, Sports Coach, Fitness Instructor, Dietician, Sports Development Officer, Sports Psychologist and Personal Trainer.