



Why is the study of PE important?

The content of the course has been designed to allow you to study Physical Education in an academic setting, allowing you to critically analyse and evaluate physical performance and apply your experience of practical activities in developing your knowledge and understanding of Physical Education. The course allows you to explore a range of activities in the role of performer, including both team and individual activities. The course can also start you on a career path in Physical Education and Sport through A Level and Degree Level Sports Subjects.

What skills will the study of PE teach you?

- Tactics and strategies to overcome opponents in team and individual games
- 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 content of the course is divided into three components. Each component is further subdivided into topic areas and the detailed content associated with those topics.

Component 1 - The Human Body and Movement in Physical Activity and Sport

Applied Anatomy and Physiology (Muscular System, Skeletal System, Circulatory System, Respiratory System)

Movement Analysis (Levers, Planes and Axis)

Physical Training (Components of Fitness, Principles of Training, How to Warm Up, Cool Down)

Use of Data (Qualitative, Quantitative Data)

Component 2 - Socio-Cultural Influences and Well-Being in Physical Activity and Sport

Sports Psychology (Classification of Skill, SMART targets, Information Processing, Guidance and Feedback, Mental Preparation)

Socio Cultural Influences (Engagement Patterns, Commercialisation, Ethical and Socio Cultural Issues,

Health Fitness and Well Being (Physical, Emotional and Social Health Fitness and Wellbeing, Consequences of a sedentary Lifestyle, Diet)

Component 3 - Practical Performance

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- Analysis and evaluation of performance to bring about improvement in one activity. This is done via a written piece of coursework.

How can you deepen your understanding of PE?

- Attend Practical and theory Enrichment
- AQA GCSE PE website
- GCSE PE AQA BBC bitesize website
- Brian Mac - Sports Coach

How are you assessed in PE?

There are 6 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 PE curriculum.

Component 1 - The Human Body and Movement in Physical Activity and Sport

Written Examination 1 hour 15mins (78 marks) (30% of qualification)

Component 2 - Socio-Cultural Influences and Well-Being in Physical Activity and Sport

Written Examination 1 hour 15mins (78 marks) (30% of qualification)

Component 3 - Practical Performance

Non examined assessment: internally marked and externally moderated (30% of the qualification)

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

AQA Level 1/Level 2 GCSE (9-1) in Physical Education Course Overview		
Term	Year 1	Year 2
Autumn 1	Health Fitness and Wellbeing	Movement Analysis
Autumn 2	Health Fitness and Wellbeing	Physical Training
Spring 1	Applied Anatomy and Physiology	Coursework
Spring 2	Sports Psychology	Practical Moderation/ Revision
Summer 1	Sports Psychology	Summer Examinations
Summer 2	Socio Cultural Influences	

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