



OCR GCSE (9-1) Physical Education

Head of Faculty: Mr C Hardiman

Email: C.Hardiman@barnwell.herts.sch.uk

Why study GCSE Physical Education?

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, allowing them to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject. GCSE Physical Education will equip learners 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. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- understand how the physiological and psychological state affects performance in physical activity and sport.
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas.
- develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- understand the contribution which physical activity and sport make to health, fitness and well-being.
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

What does the course involve and how will I be assessed?

Students learn primarily in an academic, classroom-based setting as much of the course teaches theoretical knowledge and understanding of Physical Education. One component develops and assesses learners' physical performance in 3 different sports and so is delivered in a practical setting. Learners study the following 4 components:

- Physical factors affecting performance (assessed via external examination – 30% of final grade)
- Socio-cultural issues and sports psychology (assessed via external examination – 30% of final grade)
- Practical Performances (assessed internally and then externally moderated – 30% of final grade)
- Analysis and Evaluation of Performance (controlled assessment – 10% of final grade)

The examined components will provide the knowledge and understanding which underpin the non-exam assessment (NEA). The NEA within this specification allows learners to explore a range of activities in the role of performer, including both team and individual activities. Good levels of physical fitness and skill in a range of sporting activities is a pre-requisite due to the demands of the practically assessed component of the course. Learners will also analyse and evaluate performance in a chosen activity as part of their NEA.

Key Features:

- Students will study to gain a Level 9-1 at GCSE.
- The course is a 120 guided-learning-hour qualification.
- Is available on the National Qualifications Framework (NQF).

What are my progression routes?

This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.