

GCSE Physical Education

Why study PE?

- If you have a strong practical base in sport, enjoy PE and would love to learn more about sport then this is the course for you
- GCSE PE will give you an insight into Anatomy and Physiology, Psychology of Sport, what makes a Healthy Active lifestyle and much, much more
- GCSE PE will give you the necessary tools to analyse and improve upon your own performance.



What will you be learning?

Pupils will extend and develop the skills associated with their particular sports and activities they learned during Year 7, 8 and 9. By the end of the course they will have studied:

Component 1: Physical factors affecting performance 1.1 Applied anatomy and physiology 1.2 Physical training.

Component 2: Socio-cultural issues and sports psychology 2.1 Socio-cultural influences 2.2 Sports psychology 2.3 Health, fitness and well-being.

Component 3: Performance in physical education 3.1 Performance of three activities taken from the two approved lists.

- **one from the 'individual' list**

Individual Activity	Restrictions & Allowances
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles
Boccia	
Canoeing	
Cycling	Track or road cycling only
Dance	Cannot be used as both a Team and Individual activity
Diving	Platform diving
Equestrian	
Golf	
Gymnastics	
Kayaking	Cannot be assessed with sculling, canoeing or rowing
Polybat	
Rock climbing	Can be indoor or outdoor
Sculling	Cannot be assessed with kayaking, canoeing or rowing

Skiing	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with snowboarding
Snowboarding	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with skiing
Squash	Cannot be assessed with doubles
Swimming	Cannot be synchronised
Table Tennis	Cannot be assessed with doubles
Tennis	Cannot be assessed with doubles
Trampolining	

- **one from the 'team' list**

Team Activity	Restrictions & Allowances
Association football	Cannot be five-a-side or futsal
Badminton	Cannot be assessed with singles
Basketball	
Blind cricket	
Camogie	Cannot be assessed with hurling
Cricket	
Dance	Cannot be used as both a Team and Individual activity
Gaelic football	
Goal ball	
Handball	
Hockey	Field hockey only – no ice or roller hockey
Hurling	Cannot be assessed with camogie
Lacrosse	
Netball	
Powerchair football	
Rowing	Cannot be assessed with sculling, canoeing or kayaking. Cannot be used as both a Team and Individual Activity
Rugby League	Cannot be tag rugby. Cannot be assessed with Sevens or Union
Rugby Union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby. Cannot be assessed with Rugby League
Squash	Cannot be assessed with singles
Table cricket	
Table tennis	Cannot be assessed with singles
Tennis	Cannot be assessed with singles
Volleyball	
Wheelchair basketball	
Wheelchair rugby	

- **one other from either list.**

What are the lessons like?

The content of the course 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.

Lessons often involve group work, discussion and debate, looking at topical issues in sport with an emphasis on physical factors affecting performance. Some concepts and issues are addressed through practical investigative group work, you will be supported in developing your learning and writing skills through writing exercises.

'Great fun, really interesting, especially learning how the body works and adapts to exercise. I really enjoyed the high practical element of the course as well and the opportunity to work with younger pupils and see the theory put into practice.'

Assessment Overview

Physical factors affecting performance (01) 60 marks 1 hour written paper = 30% of total GCSE

Socio-cultural issues and sports psychology (02) 60 marks 1 hour written paper = 30% of total GCSE

Performance in physical education (03)* 80 marks non-exam assessment = 40% of total GCSE

What can it lead to?

Pupils who complete the course will be able to demonstrate to any prospective employer or higher educational institute that they have developed valuable personal skills. These include: leadership, teamwork, working to and meeting deadlines and analysis of self and others in order to achieve an improvement in performance. This course also provides an excellent preparation for any pupil considering taking PE in the sixth-form.

Want to know more?

Speak to either Mrs Blackburn or Mr Williams for more information