

The course is split into three distinct parts - theory (worth 40% of your final grade), practical (50%) and coursework (10%).

The theory part of the course is externally examined and is where you will learn about the factors that affect participation and performance such as motivation, skill and the respiratory system. You will investigate the relationship between health, fitness and physical activity in terms of training methods, diet and drugs. Finally you will also learn about injuries in sport and the prevention and treatment.

Practically you will be assessed across a number of different sports and your grading in four of these sports will count towards your final grade. You can be assessed in activities studied in core PE lessons, in enrichment and for some students, sports pursued outside of the Academy. Typical Academy activities include; trampolining, football, rugby, netball, hockey, athletics and rounders. A strong emphasis is placed on your practical ability and so it is recommended that you have achieved National Curriculum level 6 by the end of Key Stage 3.

The coursework element of GCSE Physical Education involves analysing a performer in your chosen sport and identifying areas where improvements can be made. From this analysis you will plan a 6 week training programme for your performer.

There is a wide range of courses available depending on the area you are interested in. You could go on to University to gain a higher qualification such as a degree in Sport Studies, Sport Science, PE or Outdoor Pursuits. You could develop your coaching qualifications or knowledge of sports medicine and get a job in the fast growing leisure and recreation industry.

Coursework Guide

How many pieces of coursework have to be completed on the course?

Student will be continually assessed in their practical ability across a number of activities. A minimum number of four assessments in at least two activity areas.

Students must also complete a piece of written coursework where they will be required to analyse a performer in a chosen sport and design a training programme to allow the performer to improve.

What % of marks from the coursework count towards the final GCSE grade?

- 50% Practical marks
- 10% Analysis of Performance Project
- 40% Final examination

When will the coursework be issued?

Practical assessments will take place throughout the course, whilst the Analysis of Performance coursework will be issued in the Summer term of Year 10.

How much time should be spent on the coursework? (as a minimum)

Students will have the opportunity to complete practical assessments in GCSE PE practical lessons and in core PE lessons. Students should also spend time attending enrichments in their chosen activities to prepare and develop skills further.

What are the titles/themes of the coursework?

In addition to the Analysis of Performance Project, students can be assessed in a range of activities. In GCSE PE Practical lessons students will be assessed in a variety of sports including trampolining, athletics and games. Further assessment will take place in core PE lessons, enrichments and also in 'out of the Academy' activities such as swimming and horse riding.

Course Content Theory

Unit 1: Factors Affecting Participation and Performance

- ❖ 1a: Skeleton and joints
- ❖ 1b: Muscles
- ❖ 1c: Circulatory and respiratory systems
- ❖ 1d: Skill
- ❖ 1e: Motivation and mental preparation
- ❖ 1f: Social reasons for participation
- ❖ 1g: School
- ❖ 1h: Social background
- ❖ 1i: Local and National facilities

Unit 2: The Relationship between Health, Fitness and Practical Activity

- ❖ 2a: Components of fitness
- ❖ 2b: Factors affecting fitness
- ❖ 2c: Investigation of the effect of fitness on performance and how to assess it
- ❖ 2d: Fitness training principles
- ❖ 2e: Training methods
- ❖ 2f: Training effects

Unit 3: Risk Assessment in Physical Activity

- ❖ 3a: Potential Hazards
- ❖ 3b: Prevention of Injury
- ❖ 3c: Injury Treatment

68% Average A*-C GCSE PE pass rate across 2000-2007