



PHYSICAL EDUCATION

What will you study during the course?

Component 1 - Applied anatomy and physiology (structure and function of the muscular, skeletal, cardiovascular and respiratory system, aerobic and anaerobic exercise, the short and long term effects of exercise), movement analysis (lever systems, planes and axis of movement), and physical training (relationships between health and fitness, components of fitness, principles of training, how to prevent injuries and effective use of warm up and cool downs).

Component 2 - Health, fitness and wellbeing (physical, social and emotional health, sedentary lifestyle consequences, diet, nutrition and hydration) sport psychology (classification of skills, SMART targets, feedback on performance and mental preparation) and socio-cultural influences (commercialisation of sport, ethical issues within sport).

Component 3 - Practical Performance - Skills during individual activities, skills during team activities.

Component 4 - Evaluating and analysing personal exercise plans, preparing and completing a personal exercise plan.

How will the course be taught?

In ability groups within their timetabled cohort, students will be set theoretically and practically. There will be two lessons of practical PE per fortnight and three theory lessons per fortnight.

How will your work be assessed?

Component 1 - 36% of the qualification. A 90 mark exam paper lasting 1 hour and 45 minutes.

Component 2 - 24% of the qualification. A 70 mark exam paper lasting 1 hour and 15 minutes.

Components 1 & 2 are assessed May/June of year 11.

Component 3 - 30% of the qualification. The assessment consists of students completing three practical activities from a set list. One must be a team activity, one must be an individual activity and the final can be a choice from the activity list. Students can be given a mark for each practical activity at any point in the two year course, however, they will be moderated by an external moderator in March/April of Year 11.

Students will be required to demonstrate skills in an isolated/unopposed situations and demonstrate their skills in competitive situations while under pressure.

Component 4 - 10% of the qualification. The assessment consists of students producing a Personal Exercise Plan (PEP) and analysing and evaluating their performance. The areas covered are aim and planning analysis, carrying out and monitoring their PEP, evaluation of data and programme. The PEP must be submitted either written (1500 words) or verbal (15 minutes).

Where can it lead?

The nature of the course will provide opportunities to develop a variety of skills which could lead to a career in sport. Furthermore, the course will develop subject-specific knowledge which allows students to study Sport related courses during 6th form and University.

GCSE PE can lead to a variety of jobs and roles within the community. Such jobs could be: sports scientist, sports medicine, physiotherapy, nursing, sport psychologist, lecturer, sports management, sporting events, personal trainer, army recruitment, sports coach, sports official, sports development officer and teacher. Taking part in GCSE PE will lead to students having an understanding and ability to lead a healthy, active lifestyle.