

GCSE PE

Big ideas

The aims and objectives of this qualification are to enable students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding 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 that physical activity and sport make to health, fitness and well-being
- understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

Key topics

Component 1 is aimed at the students developing knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.

- Structure and functions of the musculo-skeletal system and cardio-respiratory system
- Anaerobic and aerobic exercise
- The short and long-term effects of exercise
- Lever systems, planes and axes of movement
- The component of fitness, principles and methods of training
- Optimising training and injury prevention

Component 2 assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance.

- Physical, emotional and social health
- The consequences of a sedentary lifestyle
- Energy use, diet, nutrition and hydration
- Classification of skills, use of SMART goals, guidance and feedback
- Engagement patterns of different social groups

- Commercialisation of sport, ethical and socio-cultural issues in sport.

How will I learn?

Lesson time is split between theoretical and practical work. A number of the theory concepts are taught through practical work in the sports hall and away from a classroom environment. The students will have a different exercise book for component 1 and 2 and an assessment folder. They will undertake assessments each half term to gauge their level of performance and receive feedback. A large majority of component 1 and 2 are taught in the first year and coursework, practical components and exam preparation are prioritised in year 2.

At the end of year 10 they will all have the opportunity to attend Redpoint climbing centre for 2 days. This can help some students who may need to find a 3rd sport.

The final component is course work which the students will undertake at the end of year 10 and at the start of year 11. This is based on improving an area of their fitness in their chosen sport. It is presented in a written format and produced in controlled assessment conditions. This is a great chance to gain a better understanding of training methods and how it can impact on performance.

How will I be assessed?

Students will undertake regular half-termly assessments that will be peer and teacher marked, DIRT lessons will be used to follow up and provide feedback. Some of the theoretical work will be taught in a practical environment. Support is provided for component 3 and how to improve practical performance and time is allocated to certain sports. Guidance is also provided for completing video evidence for sports that can't be assessed internally. The written course work is completed in class time under controlled exam conditions.

There are two written examination papers:

Component 1: Fitness and Body Systems (applied anatomy and physiology, movement analysis, physical training, use of data) – 1 hour and 45 minutes. **36% of the qualification.**

Component 2: Health and Performance (health, fitness and well-being, sport psychology, socio-cultural influences, use of data) – 1 hour and 15 minutes. **24% of the qualification.**

Both papers consist of multiple-choice, short answer, and extended writing questions.

Component 3: Practical performance – internally marked and externally moderated. The assessment consists of students completing three physical activities from a set list.

One must be a **team** activity, one must be an **individual** activity. The final activity can be a **free** choice. **30% of the qualification.**

Component 4: Personal Exercise Programme (PEP). This is a written piece of course work that is internally marked and externally moderated. **10% of the qualification.**

