

GCSE PE

Overview

Content	Assessment Overview	
<ul style="list-style-type: none"> • Applied anatomy and physiology • Movement analysis • Physical training • Use of data 	Paper 1 – Physical Factors Affecting Performance Written exam 1hr	30%
<ul style="list-style-type: none"> • Sports psychology • Socio-cultural influences • Health, fitness and well-being 	Paper 2 – Socio-Cultural Issues and Sports Psychology Written exam 1hr	30%
<ul style="list-style-type: none"> • Practical Performance • Analysing and Evaluating Performance (AEP) 	Non-exam assessment – Practical performance in physical activity and sport Assessed internally throughout Moderated by OCR	40%

Practicals

Sport	Team / Ind	Level of performance

GCSE PE SOW

Year 10

Half Term	Content	Assessments / Homework
1	<ul style="list-style-type: none">○ Skeletal and Muscular System○ Coursework - Movement Analysis, Key Skills Overview○ Practical 1	<ul style="list-style-type: none">○ End of Unit Test○ Exam Questions○ Movement Analysis○ Key Skills Overview○ Practical 1
2	<ul style="list-style-type: none">○ Cardio, Vascular and Respiratory Systems○ Coursework –Skills Assessment, Action Plan: Justification○ Practical 2	<ul style="list-style-type: none">○ End of Unit Test○ Exam Questions○ Skills Assessment○ Action Plan Justification○ Practical 2
3	<ul style="list-style-type: none">○ Physical Training – Fitness components○ Coursework – Fitness Analysis, Evaluation○ Practical 3	<ul style="list-style-type: none">○ Exam Questions○ Fitness Analysis○ Fitness Evaluation○ Practical 3
4	<ul style="list-style-type: none">○ Physical Training – Principles of Training○ Coursework – Action Plan: Principles of Training, 6-week plan, drills○ Revision for Y10 Exams○ Practical 4	<ul style="list-style-type: none">○ Action Plan Principles of Training○ Action Plan 6-week plan○ Action Plan Drills○ Practical 4
5	<ul style="list-style-type: none">○ Physical Training – Methods of Training, Injury○ Coursework – Risk Assessment○ Practical 5	<ul style="list-style-type: none">○ Y10 Exams○ End of Unit Test○ Exam Questions○ Risk Assessment○ Practical 5
6	<ul style="list-style-type: none">○ Sports Psychology - Skill, Goal Setting○ Coursework – Skill Classification, Goal Setting○ Practical 6	<ul style="list-style-type: none">○ Skill Classification○ Action Plan Goal Setting○ Practical 6

Year 11

Half Term	Content	Assessments / Homework
1	<ul style="list-style-type: none">○ Sports Psychology○ Practical 1/2	<ul style="list-style-type: none">○ Exam Questions○ End of Unit Test
2	<ul style="list-style-type: none">○ Health, Fitness and Well-Being○ Revision for Trail Exam○ Practical 3/4	<ul style="list-style-type: none">○ Exam Questions○ End of Unit Test○ Y11 Trial Exam
3	<ul style="list-style-type: none">○ Socio-Cultural Influences○ Practical 5/6	<ul style="list-style-type: none">○ Exam Questions○ End of Unit Test
4	<ul style="list-style-type: none">○ Revision○ Practical moderation practice	<ul style="list-style-type: none">○ Exam Questions○ Moderation
5	<ul style="list-style-type: none">○ Revision	<ul style="list-style-type: none">○ GCSE Exams

GCSE PE Theory Content - Paper 1 - Physical Factors Affecting Performance

Skeleto - Muscular	- Identify bones, their location and where they articulate at different joints.	- Types of synovial joint
	- Functions of skeleton	- Components of joints
	- Movement at joints	
Skeleto - Muscular	- Identify main muscles	- Know the role of muscles in movement
	- Lever systems	- Planes of movement
	- Axes of rotation	
CVR Systems	- Double circulatory system	- Blood vessels
	- Pathway of blood through heart	- Cardiovascular values and definitions
	- Pathway of air	- Roles of respiratory muscles in breathing
	- Respiratory values and definitions	- Gas Exchange at the alveoli
CVR Systems	- Aerobic and anaerobic exercise	
	- Short term responses to exercise	- Long term training effects of exercise
Fitness and Training	- Components of fitness - agility, balance, coordination, cardiovascular endurance, flexibility, muscular endurance, power, reaction time, speed, strength: definitions, examples from sport.	
	- Fitness testing - identification, organisation, protocol, advantages and disadvantages	
	- Data collection	
	- Training Principles - specificity, progression overload, reversibility	
	- FITT: frequency, intensity, time, type	
Fitness and Training	- Types of training - circuit, continuous, fartlek, interval, HITT, weight, plyometrics	
	- Warming up and Cooling down	
	- Prevention of injury	

GCSE PE Theory Content - Paper 2 - Socio-Cultural Issues and Sports Psychology

Socio - Cultural	- Current trends in participation - Sport England, NGBs, DCMS	
	- How the following affect participation - gender, ethnicity, religion/culture, age, family, disability, education, time/work commitments, disposable income, opportunity/access, discrimination, environment/climate, media coverage, role models.	
	- Strategies to improve participation	
	- Understand the influence of media on commercialisation.	
Socio - Cultural	- Definitions of commercialisation, and the golden triangle	
	- Understand the influence of sponsorship on commercialisation.	
	- Sportsmanship and gamesmanship	- Reasons for player violence.
Socio - Cultural	- Prohibited substances - examples, general positive and negative impact then specific examples, (Stimulants, Anabolic steroids, Beta blockers) benefits and side effects, who would benefit.	
	- Definitions of motor skills and characteristics of skilful movement	
	- Skill classifications - simple/complex (difficulty), open/closed (environmental)	
	- Goal setting - why used, SMART principle	
	- Mental preparation - imagery, mental rehearsal, selective attention, positive thinking	
	- Guidance - Visual, verbal, manual and mechanical	
Skill	- Feedback - positive/negative, knowledge of results/performance, extrinsic/intrinsic	
Health	- Definitions - health, fitness and well-being	
	- Sedentary Lifestyle - physical, emotional and social consequences	
	- Balanced diet - reasons for, components of and the reasons for these and Hydration	

GCSE PE – Non-Exam Assessment (NEA)

Practical Performances

You will be assessed in 3 different physical activities including gymnastics, football, badminton, basketball, cricket, dance, figure skating, handball, hockey, hurling, ice hockey, inline roller hockey, lacrosse, netball, rowing, rugby, sailing,, sculling, squash, table tennis, tennis, volleyball, water polo, boxing, athletics, canoeing, cross country, cycling – track, road or BMX racing, diving, equestrian, golf, kayaking, rock climbing, skiing, snowboarding squash, swimming, trampolining, windsurfing. (at least 1 team and 1 individual sport). You will be assessed in the following areas:

- Your range of skills
- Your physical attributes
- The quality of your skills
- Your decision making

To do:

- Get video evidence of performances in activities not done at college, e.g. horse riding, rowing, skiing, squash, boxing, golf, gymnastics, trampolining.
- Create a log of any competitive performances

Date	Sport - Position	Level	Result
Weekly Sept 22 -	Satellites Swimming Club	Club Gold Squad	
13 th Sept 22	Hockey- Striker	Club 2nds	4 th in league, 12 goals scored
15 th Oct 22	Dance - Street	National Champs	3 rd in U15 Team

Guidance for filming

- Any activity not able to be demonstrated practically or to the normal students standard **MUST** be filmed to support the grade given.
- Format must be compatible with VLC media player, MP4 and .mov are best.
- Performance must be filmed in good light with the candidate clearly identifiable.
- Before filming starts please introduce the candidate giving name and candidate number.
- Include sound, especially if relevant in terms of music or communication.
- Using the zoom function and filming from different angles
- Performance should contain:
 - All core skills in isolation
 - All advanced skills (as student ability allows) in isolation
 - A number of full competitive situations
- Where getting the whole performance is unpractical eg road cycling, rowing, ensure different parts of individual races are filmed including starts, middle sections and finishes.
- Focus on the candidate but ensure the situation and outcome are also visible.
- Evidence should be accompanied by a written commentary which should include timings and aspects of performance seen at this time as well as the level and result of the performance.

Analysing and Evaluating Performance (AEP)

You will analyse your own or another person's performance in a sport of your choice. You will be expected to do the following:

- Evaluate the fitness of a performer
- Analyse the importance of key skills and fitness components in a sport
- Analyse a specific skill from a sport
- Produce an action plan to improve a weakness of the performer

GCSE PE Coursework - Analysing and Evaluating Performance (AEP)

Name:

Sport:

Weakness:

Section	Information	Due	1 st Draft	Due	Final Piece
Movement Analysis	Analyse one skill from your sport – preparation and execution. To include joint, joint type, bones, movements, agonists, antagonists, fixators				
Key Skills Overview	Give an overview of the key skills in your sport. - All the core and advanced skills - Why is this skill needed in the sport.				
Skills Assessment	Using a performance, assess the strengths and weaknesses of the performer in their sport.				
Action Plan Justification	Identify and justify your main skill weakness to improve.				
Fitness Analysis	Analyse the importance of the different components of fitness in your sport.				
Fitness Evaluation	Complete fitness tests and record results, comparing with normative data. (10 tests) Evaluate this result in relation to the sporting performance.				
Action Plan Drills	Draw and explain the drills (6+) you will use to improve your skill, including the coaching points.				
Action Plan 6-week Plan	Explain how and where your training would fit into your 6-week plan.				
Action Plan Principles	Identify, define and explain how you applied the principles of training to your training plan.				
Action Plan Risks	Explain how you would attempt to minimise the risks associated with your training plan.				
Action Plan Goals	Set a SMART goal and explain why it is a SMART goal.				
Skill Classification	Classify the skill from your movement analysis. - Difficulty Continua - Environmental Continua				

