

# GCSE Physical Education

**Contact Person:** Miss J Wild

**Contact Email:** JWild@nailseaschool.com

## Course Outline:

**Paper 1: The human body and movement in physical activity and sport** Topics 1-4

1. Applied anatomy and physiology , 2. Movement analysis, 3. Physical training, 4. Use of data

**Paper 2: Socio-cultural influences and well-being in physical activity and sport** Topics 5-7

5. Sports psychology, 6. Socio-cultural influences, 7. Health, fitness and well-being

**Non-exam assessment: Practical performance in physical activity and sport.** Your final assessment will consist of your highest achievement as a performance in three different physical activities (one in a team activity, one in an individual activity and a third in either a team or in an individual activity). You must be playing at club level in at least one sport as a prerequisite for this course, this activity must be on exam board 'recognised activities list', this can be found in the specification. In addition, analysis and evaluation of performance to bring about improvement in one activity is the written component of the NEA.

## Skills/attributes developed/required:

You will need to be a proactive student who can work under pressure with a solid sporting ability to at least club level with a passion for all aspects of the subject stated in the course outline. This will enable you to access the practical element of the course at a good level, without having a detrimental impact on your overall grade. In core PE students considering this course should be regularly achieving gold in PE lessons within a variety of roles (performing and coaching) as well as attaining high levels in English, Maths and Science. You will need to be able to work independently using a framework, take responsibility for your own learning, meeting deadlines for work set to prepare you for the examination aspects.

## Additional considerations:

Students participating in activities that require specialist facilities (swimming, trampolining, equestrian) will be advised by their GCSE PE teacher what is required for evidence in Year 10.

## Examination Information

**Exam Board:** AQA

**Exam:** Exam 60% Non-exam assessment 40%

### Exam outline:

Paper 1 Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Paper 2 Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Non-exam assessment: Assessed by teachers, moderated by AQA 100 marks 40% of GCSE

Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.

## Where can it take me?

**Next Steps:** A-Levels/ OCR Sport Level 3, Apprenticeship, Employment

**Future career opportunities that this subject may lead to:** P.E. teacher, Physiotherapy/ Sports Injury Therapist, Fitness Coach/ Instructor/ Personal Trainer, Sport Scientist, Sports Biologist, Sports Medicine, Leisure Centre Manager/ Assistant/Lifeguard, Professional Sports Person, Sports Coach, Dietician, Sports Nutrition, Sport Psychologist, Strength and

## What Key Skills will I gain by taking PE?

- |                                     |                             |                                     |                      |
|-------------------------------------|-----------------------------|-------------------------------------|----------------------|
| <input type="checkbox"/>            | Analysing                   | <input checked="" type="checkbox"/> | Independent Learning |
| <input checked="" type="checkbox"/> | Communication - Verbal      | <input type="checkbox"/>            | Independent Thinking |
| <input checked="" type="checkbox"/> | Communication - Written     | <input checked="" type="checkbox"/> | Listening Skills     |
| <input type="checkbox"/>            | Creative Thinking           | <input type="checkbox"/>            | Presentation Skills  |
| <input type="checkbox"/>            | Debating                    | <input type="checkbox"/>            | Problem Solving      |
| <input type="checkbox"/>            | Decision Making             | <input type="checkbox"/>            | Reading              |
| <input checked="" type="checkbox"/> | Evaluating                  | <input type="checkbox"/>            | Research             |
| <input checked="" type="checkbox"/> | Hands-On / Technical Skills | <input type="checkbox"/>            | Team Work            |