

Physical Education OCR (9-1) www.ocr.org.uk

This GCSE course is open to all Year 10 students, but individuals should discuss their suitability with PE staff before selecting Physical Education as one of their options. It will be expected that students on the GCSE course attend a minimum of one extra-curricular activity per week.



What will I study?

The course is divided into 4 components:

- 1: Fitness and body systems
- 2: Health and Performance
- 3: Practical Performance
- 4: Personal Exercise Programme

Written Examination

Students will be assessed through 2 written examinations focusing on components 1 & 2. They account for **60%** of the total marks available.

Components 1 & 2 include the following areas of study:

- Anatomy & Physiology
- Physical training
- Health, fitness & well-being
- Sport psychology

Component 3 - Practical Skills Examination

Students are assessed in 3 practical activities from a set list. This accounts for **30%** of the total marks. They must include a team activity, an individual activity and a third activity from either group.

Team Activities	Individual Activities
Association football	Boxing
Badminton (doubles)	Athletics (one event)
Basketball	Badminton (singles)
Cricket	Dance
Field hockey	Golf
Netball	Gymnastics
Rugby union	Equestrian
Table tennis (doubles)	Skiing/Snowboarding
Tennis (doubles)	Swimming
Volleyball	Table Tennis (singles)
	Tennis (singles)

N.B. It will not be possible to run all the activities listed above. The activities covered will depend upon the group and staffing.

Students will be required to produce a Personal Exercise Plan which requires them to apply their understanding of principles and methods of training. This accounts for **10%** of the total marks.

Level 2 Cambridge National Certificate in Sports Science



This course is aimed at those students who would find the demands of the GCSE PE course difficult and is the equivalent to a full GCSE. Those wishing to do this course must have a keen interest in sport and be willing to work hard in and out of the classroom. Individuals should discuss their suitability with PE staff before selecting Sports Science as one of their options.

Students will study 4 units. The teaching staff will choose the optional units once the group has been finalised. The nature of the units means that much of the learning will be practical-based with the majority of assessments being word-processed.

Unit	Assessment
Reducing the risk of sports injuries (Mandatory)	1 hour written paper
Applying principles of training (Mandatory)	Internally assessed coursework assignment
The body's response to physical activity	
Sports nutrition	

Staff will finalise the optional units once the teaching groups is known. The nature of the units means that some of the learning will be practical-based with most assessments being word-processed, except for the sports injuries unit which is assessed by external examination. Assessments are marked internally and moderated externally.