Year 8 Options 2020

GCSE PHYSICAL EDUCATION

Examination Board: OCR
Course Specification: J587

What is GCSE Physical Education all about?

You should choose GCSE PE if you love being active and want to find out more about how to improve your performance.

Course Structure:

This course is divided into two sections:

- Practical Performance
- Theoretical Examination

Within the practical component, students choose three sports from a wide range of activities. 1 activity must be a team game, 1 activity must be an individual sport and the final sport can be either a team or an individual activity (please see list of sports for details). They are assessed on their performance ability in each area and these marks are put forward to their final grade. The practical assessment is worth 40% of the final mark.

Due to the course comprising of 40% practical assessment **students are expected to participate in and be fully committed to at least 2 extra-curricular sporting activities (1 team game and 1 individual activity)** across the two-year course in order to ensure they meet the standard required for an acceptable practical mark and consequent GCSE grade.

The theory component is worth the remaining 60% of the final grade.

How will I be assessed?

Component	Detail	Marks	Duration	Weighting
Component 1 **(Theory)**	**Physical Factors Affecting Performance** Anatomy and Physiology Physical Training	60	1 hour Exam	30%
Component 2 **(Theory)**	**Socio-Cultural Issues And Sports Psychology** Sports Psychology Socio-cultural Influences Health, Fitness and Wellbeing	60	1 hour Exam	30%
Component 3 **(Practical & Coursework)**	**Performance with Physical Education** 1) Performance practical in three activities, equally weighted at 20 marks each 2) Analysing and Evaluating Performance (AEP)	80	NEA	40%

With the practical coursework being such a key element of the course, students must show a good ability in a range of sports as well as being <u>fully committed to extra-curricular school activities.</u>

What could I do next with GCSE Physical Education?

- A level Physical Education
- Physiotherapist
- Sports Scientist
- Sports Engineering
- Sports Medic
- Sports Administrator
- BTec Level 3 in Sport
- Sport/Fitness instructor
- Dietician/Nutritionist
- Coach/Trainer
- Teacher
- Performance Analyst

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SANDBACH SCHOOL
OPPORTUNITY, ACHIEVEMENT, EXCELLENCE

GCSE PE – ACTIVITY LIST

(Select 1 from Team, 1 from Individual & a final sport from either list)

Team Activities	Additional Information		Individual Activities	Additional Information	
Football	*Cannot be five-a-side or futsal*		**Amateur boxing**		
Badminton	*Cannot be assessed with singles.*		**Athletics**		
Basketball			**Badminton**		
Cricket			**Canoeing**		
Dance	*Cannot be used as both a Team and Individual activity.*		**Cycling**	*Track or road cycling only.*	
Gaelic football			**Dance**	*Cannot be used as both a Team and Individual activity.*	
Handball			**Diving**	*Platform diving.*	
Hockey	*Field Hockey only – no ice or roller hockey.*		**Equestrian**		
Hurling			**Golf**		
Lacrosse			**Gymnastics**		
Netball			**Kayaking**	*Cannot be assessed with sculling, canoeing or rowing*	
Rowing	*Cannot be assessed with sculling, canoeing or kayaking. Cannot be used as both a Team and Individual activity*		**Rock climbing**	*Can be indoor or outdoor.*	
Rugby League	*Cannot be tag rugby. Cannot be assessed with Sevens or Union*		**Sculling**	*Cannot be assessed with kayaking, canoeing or rowing.*	
Rugby Union	*Can be assessed as sevens or fifteen a side. Cannot be assessed with Rugby League.*		**Skiing**	*Must take place on snow, but can be indoor or outdoor. Cannot be assessed with snowboarding.*	
Squash	*Cannot be assessed with singles.*		**Snowboarding**	*Must take place on snow, but can be indoor or outdoor. Cannot be assessed with skiing.*	
Table tennis	*Cannot be assessed with singles.*		**Squash**	*Cannot be assessed with doubles.*	
Tennis	*Cannot be assessed with singles.*		**Swimming**	*Cannot be synchronised.*	
Volleyball			**Table Tennis**	*Cannot be assessed with doubles.*	
			Tennis	*Cannot be assessed with doubles.*	
			Trampolining		