

# GCSE PHYSICAL EDUCATION

## What is GCSE Physical Education?

GCSE Physical Education is a theoretical and practical study of sport and physical sciences. It inducts students into the principles behind training and the development of skill and performance in physical activity. It constitutes some development of skills within defined fields. Students are expected to develop their understanding of all sports, as well as develop a specialism in three sporting areas, which must include solo sports as well as team sports.

## What skills will I develop?

Students will develop their understanding of anatomy. Within the specification there are a number of opportunities to develop bio-mechanics and an understanding of how the body both carries out physical activities and how it can be most efficiently deployed to maximise performance. Students will learn how training develops their skills and how different training methods can be effective for different purposes. There will be opportunities to consider the socio-cultural implications of physical activity, including gender and sport; drugs and sport; sport and physical disability; sports psychology and nutrition and healthy living.

## What specification will I follow?

The specification is AQA GCSE PE.

This is available here: <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

## What will I study?

Students will study a range of sports as part of this specification, including association football, badminton, basketball, cricket, hockey, netball, rugby union, table tennis, volleyball. There will be opportunities to specialise so that students are able to explore some sports in detail, but a broad understanding of all of these sports is encouraged so that students develop a breadth of knowledge. All sports are different and in this way the course provides plenty of opportunities to develop specialist expertise. There are different assessment regimes for the different sports which helps to encourage excellence in the different disciplines.

## How will I be assessed?

There are three parts of this course. The first two parts are written papers assessed by hour and 15 minute examinations, each being 30% of the total examination. The first paper assesses: applied anatomy and physiology; movement analysis; physical training; use of data. The second paper assesses: sports psychology; socio-cultural influences; health, fitness and well-being; use of data.

The final part is a Non-Examination Assessment. This includes a **practical performance in three different physical activities** and a written analysis and evaluation of performance to bring about performance in one activity. This part is worth 40% of the GCSE, is assessed internally and moderated externally. **This part requires students to have a reasonable grasp of three different sports.**

## What do students of Physical Education go on to do?

Students of physical education go on to lead healthy, fulfilled lives and to understand the value of challenging oneself and setting and meeting goals in life. They understand the value of competing, of winning graciously and of losing with generosity and goodwill.

## Recommended Reading

Some may use this GCSE to explore what it might be like to work in sports-related roles, as personal trainers, physiotherapists or coaches. Others may use it to enhance and enrich their enjoyment of wider personal activity.

## Who should I speak to if I have any questions?

Mr Huxley, PE Office

## Can I choose both GCSE Physical Education and BTEC Sport?

**Students are required to choose either the GCSE or BTEC. BTEC is the more suitable course for students who do not currently play at least three different sports to a reasonable level.**



# BTEC SPORT

## What is GCSE Physical Education?

BTEC is a theoretical and practical study of sport and physical education. It introduces students to the areas of training for sport, nutrition in sport, technological advances in sport, the cardiorespiratory systems and offer students the opportunity to learn how plan for and then lead a sports session.

## What specification will I follow?

Pearson BTEC Level 1/Level 2 Tech Award in Sport

This is available here: <https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/btec-tech-award-sport-spec.pdf>

## What will I study?

Students will study three components.

**Component 1: Preparing participants to take part in sport and physical activity.** In this unit students will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

**Component 2: Taking part and improving other participants sporting performance.** This component looks at components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

**Component 3: Developing fitness to improve other participant's performance in sport and physical activity.** In this unit students will develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

## How will I be assessed?

Each component is weighted equally and is worth 33% of a student's final grade.

Components 1 and 2 are coursework units. Students will be set an assignment at the end of the component and will have two weeks to complete it. This will be marked and given back to students who will then have a further week to make necessary improvements to their work.

Component 3 is an exam unit. Students will be set an assignment task to be completed under exam conditions.

On completion of the course, students will be awarded a Pass, Merit of Distinction grade.

## Who should I speak to if I have any questions?

Mr Huxley, PE Office

