

## **GCSE PHYSICAL EDUCATION**

### **- Year 11 Raising Attainment**

#### **The course structure**

<b>Content Overview</b>	<b>Assessment Overview</b>	
<b>Anatomy and physiology and Physical training</b>	Physical factors affecting performance 60 marks 1 hour written paper	<b>30% of total GCSE</b>
<b>Socio-cultural influences, Health, fitness and well-being and Sports psychology</b>	Socio-cultural issues and sports psychology 60 marks 1 hour written paper	<b>30% of total GCSE</b>
<b>Practical activity assessment and Evaluating and Analysing Performance (AEP)</b>	Performance in physical education 80 marks non-exam assessment (NEA)	<b>40% of total GCSE</b>

Your child should know their three sports which they have chosen to be assessed on. Feel free to advise them on their choices. If they have chosen a sport that cannot be covered at school for example swimming then, if they have not already done so, they need to collect a copy of the specification for that sport.

<b><u>TEST PAPER 1 - Anatomy and physiology</u></b>	<b><u>TEST PAPER 2 - Socio-cultural influences</u></b>
<b>Guaranteed areas on the exam paper (that people often struggle with) include: Planes of rotation and Axis of rotation, Levers, Components of fitness, and Principles of training</b>	<b>Guaranteed areas on the exam paper (that people often struggle with) include: Barriers to participation</b>

#### **In your book you should have:**

- Minimum Target Grade
- Glossary of terms
- Specification checklist
- Practical specifications for your three sports

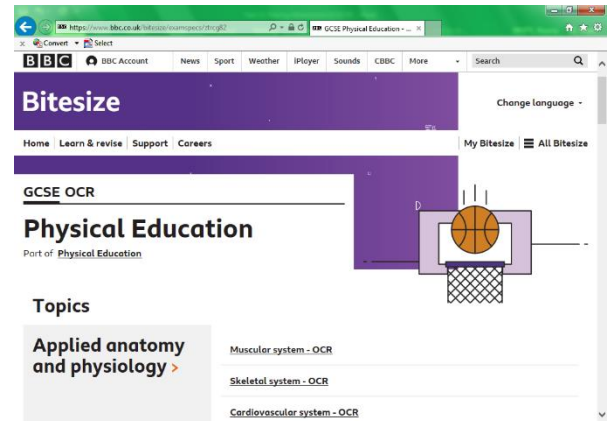
***By now you should know your three sports and be playing them outside of school or at school clubs***

## Revision site:

### GCSE PE OCR bitesize 9 – 1

<https://www.bbc.co.uk/bitesize/examspecs/ztrcg82>

This is the revision site specifically aiming at the GCSE Physical Education specification our students are learning and will be examined in. There are useful learning sections, practice sections and test sections. This revision site also explains AEPs (performance analysis) and has some practical specifications

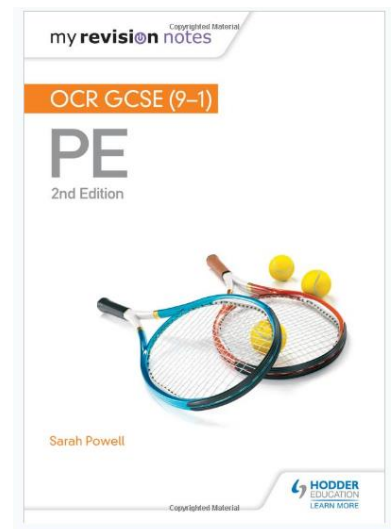


## Revision guide:

### OCR GCSE PE (9-1) 2<sup>nd</sup> edition Revision Guide

<https://www.amazon.co.uk/My-Revision-Notes-OCR-GCSE/dp/1510405259>

The revision guide covers all of the specification the pupils will need to know for their exam. There is a useful tick sheet to help to stay on track with revision. The revision guide has useful exam tips and highlights common mistakes. There are also exam questions and answers so pupils can test their knowledge and clarify mistakes.



## Textbook:

### OCR GCSE PE (9-1) 2nd edition Textbook

<https://www.amazon.co.uk/OCR-GCSE-9-1-PE-Second/dp/1471851729>

The teacher text book contains additional information that pupils learn. This is a useful resource to fill in gaps in learning due to missing lessons or incomplete notes. There are useful pictures to explain information and a glossary of terms that pupils should know.

