

GCSE PE | Physical Education

Course Leader | [Mrs Louise Bugler](#)

Course Contact | lbugler@budmouth-aspirations.org

Course Qualification Awarding Body and Website Link | [GCSE OCR 9-1 J587 \(from 2016\)](#)

This two year course will give students the opportunity to look into the world of sports performance from a theoretical and practical perspective. They will develop their theoretical knowledge of the human body systems, the science of training and sports psychology, as well as being assessed practically in three different sports. Students must have a love for sport and must be actively participating in competitive sport inside and outside of school.

Component	Marks	Exam Duration	Weighting
Physical factors affecting performance (01) Exam	60	1 hour	30%
Socio-cultural issues and sports psychology (02) Exam	60	1 hour	30%
Practical performances (04) Non-exam assessment	60	-	30%
Analysis and evaluation of performance (AEP) (05) Non-exam assessment	20	-	10%

Theory | Four lessons a fortnight. The theory content accounts for **60%** of the qualification. Lessons are designed to be interactive and engaging with 'active learning' used for a number of topic areas.

Component 1: Physical factors affecting performance (Exam 1hr).

Topics: Anatomy and Physiology, Movement Analysis, Physical Training, and use of data in these areas.

Component 2: Socio-cultural issues and sports psychology (Exam 1hr).

Topics: Health, Fitness and wellbeing, Sports Psychology, Socio-cultural influences, and use of data in these areas.

Practical | One lesson a fortnight. Practical performance is worth **30%** of the qualification and is based around being assessed in three sports (must be from the list below). Students will be assessed in one team sport, one individual sport and a third being a choice of either.

Coursework | The coursework is worth **10%** of the qualification. Students complete an analysing and evaluating performance task (AEP) linked to a sport of their choice.

The GCSE PE and BTEC Tech Award courses will run in parallel for the first half term, allowing movement between the courses based on progress and suitability for the course.

Assessment in **THREE sports** named below comprise of all activities that you can be assessed in, however we are only able to teach a limited number of these on site at Budmouth.

Acrobatic gymnastics | Amateur Boxing | Association football | Athletics | Badminton
Basketball | Blind cricket | Boccia | Camogie | Canoeing | Cricket | Cross Country Running |
Cycling | Dance | Diving | Wheelchair rugby | Wheelchair basketball | Equestrian | Figure
skating | Futsal | Gaelic football | Golf | Gymnastics | Handball | Hockey | Hurling | Ice hockey
Inline roller hockey | Kayaking | Lacrosse | Netball | Polybat | Rock climbing | Rowing | Rugby
league | Rugby union | Windsurfing | Sailing | Sculling | Skiing | Snowboarding | Squash
Swimming | Table cricket | Table tennis | Tennis | Trampolining | Volleyball | Water Polo

Revision | Endorsed Textbooks

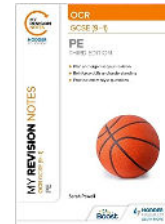
My Revision Notes: OCR GCSE (9-1) PE Third Edition

Author: Sarah Powell

ISBN: **978-1398373532**

Publisher: Hodder Education

Date: Jan 2023



OCR GCSE (9-1) PE Second Edition

Author: John Honeybourne

ISBN: 9781471851728

Publisher: Hodder Education

Date: June 2016



Revision | Websites

Seneca

<https://app.senecalearning.com/classroom/course/9498bb2b-5267-4148-941c-e086379410ac>

The Everlearner Website

<https://theeverlearner.com/>

BBC Bitesize

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

Revision | Reliable YouTubers

PE Classroom

https://www.youtube.com/@thepeclassroom5215/videos?view=0&sort=dd&shelf_id=0