



Course Information – September 2011

Course Title GCSE: Physical Education

Level GCSE

Awarding Body OCR

What is the content of the course?

Year 10 Course content:

Unit B451 – An Introduction to Physical Education

- **Key concepts in Physical Education** (Competence; performance; creativity and healthy active lifestyles).
- **Key processes in Physical Education** (Developing skills and techniques; decision making; physical and mental capacity; evaluating and improving, and making informed choices about active, healthy lifestyles).
- **Opportunities, pathways and participation in Physical Education** (Levels of participation; reasons for participation and non participation; social and cultural reasons affecting participation; school influences and identification of pathways for involvement).

Unit B452 – Practical Performance and Developing Fitness

- Two performances from two different activity areas
- An Analysing Lifestyle Task (AL) for one activity

Year 11 Course content:

Unit B453 – Developing Knowledge in Physical Education

- **Developing skills, techniques and motivation** (The learning of skills through a range of methods; the importance of different types of feedback, and importance of goal setting).
- **Developing physical and mental capacity** (The development of the skeletal system and its role in physical activity; the development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle, and mental preparation).
- **Informed decision making using the principles of training and safe exercise** (Long term effects of an active, healthy lifestyle; exercise and training principles that effect improving health and fitness; identifying potential hazards in a range of settings related to the role of participant, leader or official, and how to reduce risk and injuries).
- **Opportunities, pathways and participation in Physical Education** (Level of participation in sport and physical activity; reasons for participation and non participation in physical activities and following an active, healthy lifestyle; current government initiative to promote active, healthy lifestyles, and what schools provide to influence young people to get involved in physical activity as part of a healthy lifestyle).

Unit B454 – Practical Performance and Developing Skill

- Two performances from two different activity areas
- An Analysing Skill Performance Task (AP2) for one activity

How is the course assessed?

	%	Details:
End of course exams	20%	Unit B453 – 1 hour written paper. Section A multiple choice question worth 15 marks. Section B short answer questions worth 45 marks. Total 60 marks. This examination can be taken in summer of year 11.
Modular exams	20%	Unit B451 – 1 hour written paper. Section A multiple choice question worth 15 marks. Section B short answer questions worth 45 marks. Total 60 marks. This examination taken in summer of year 10.
Controlled Assessment	10%	Controlled assessment B452 (AL): Candidates are required to demonstrate their ability to analyse a performance (worth 20 marks) in order to identify fitness weaknesses and to plan appropriate training to bring about an improvement in one of the activities. This is in written format and can take a maximum of 7 hours to complete whilst under teacher supervision. Controlled assessment B454 (AP): Candidates are also required to demonstrate their ability to analyse a performance (worth 20 marks) in order to identify skill and technique weaknesses and to plan appropriate training to bring about an improvement in one of the activities. This is in written format and can take a maximum of 7 hours to complete whilst under teacher supervision.
Portfolio	50%	Practical Assessment in the role of performer and/or coach or official in four activities from different activity profiles worth 25 marks each. They are required to demonstrate effective performance, the use of tactics or techniques and to observe the rules and conventions in the four activities. This is internally assessed and externally moderated.

How is this course delivered?

<p>The course is taught in two parts</p> <ol style="list-style-type: none"> 1. Theory Three out of six 50 minute lessons 2. Practical Three out of six 50 minute lessons <p>However, much of the theory is taught in a practical setting.</p>

What are the entry requirements?

Pupils taking GCSE PE require an enormous enthusiasm for PE and commitment to extra curricular activities; pupils must already be currently partaking in sports teams or physical activities in their own time. Please note, it is not enough for students to take part in activities on a recreational basis, they must play to correct current rules and conventions using correct size equipment and facilities. Pupils should be consistently achieving National Curriculum Level 6 or above in Year 9.

Pupils also require a good scientific knowledge and academic ability to be successful in the theoretical elements of the course.

What skills are useful for success on this course?

A willingness to listen, research independently and have a good practical ability when performing in PE. High levels of motivation and the ability to communicate clearly, especially when analysing someone else's performance. A high level of commitment and a potential desire to do A level PE and/or follow a career in sport.

What opportunities will success on this course give me?

Taking and being successful in GCSE PE will allow you to:

- Continue with it in year 12 AS level PE
- Pick-up coaching qualifications in many sports.
- Assist with after school sports clubs.
- Achieve careers as a PE teacher, Personal trainer, Gym instructor, Sports Coach.