

GCSE PHYSICAL EDUCATION

Exam Board: OCR

Structure of the course:

This GCSE course is assessed on a 9-1 scale, over the two years you will complete 3 components (two exams and one assessment).

Each component will allow you to critically analyse and evaluate physical performance and apply experience of your physical activities in developing knowledge and understanding.

EXAM 1: Applied anatomy & physiology physical training- 60 marks- 1 hour paper (30%)

EXAM 2: Socio-cultural influences, sports psychology, health fitness & wellbeing- 60 marks- 1 hour paper (30%)

ASSESSMENT: Practical activity & analysing and evaluating performance - 80 marks (40%)

What we cover:

Component 1: Physical factors affecting performance

- i) Applied anatomy and physiology
- ii) Physical training

Component 2: Socio-cultural issues and sports psychology

- i) Socio-cultural influences
- ii) Sports psychology
- iii) Health, fitness and well being

Component 3a: Performance in physical education

- i) Assessed in 1 individual sport
- ii) Assessed in 1 team sport
- iii) One other (individual or team)

Component 3b: Analysis and evaluation of performance

This component draws upon the knowledge, understanding and skills you have learnt and enables you to analyse and evaluate your own or a peer's performance in one activity.

Useful websites and books to help with revision and homework

Revision Guides:

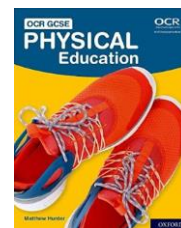
<https://www.cgpbooks.co.uk/secondary-books/gcse/physical-education/jrcub41-gcse-physical-education-ocr-revision>



CGP OCR GCSE PE

- Revision guide
- Revision workbook
- Revision question cards

Text Book used in class:



OCR GCSE Physical Education: Student Book Paperback

by [Matthew Hunter](#) (Author)

Other Important information

To be successful in this course you must be prepared and motivated to work consistently and independently to meet the requirements to achieve the qualification.

It is important that you know have a good knowledge and understanding of a variety of different sports, to show how the theoretical concepts can be applied to reinforce understanding.

You will also be required to develop knowledge and understanding of data analysis in relation to key areas of physical activities and sports.

It would be beneficial for you to complete at club level in one sport and take part in the school sports teams.