Physical Education GCSE

Teachers: Mr Brooks, Mrs Topa, Mr Treanor, Mrs Callan, Mr Brown

Overview of the subject

Physical activity is vital to leading a healthy lifestyle, there are a range of physical, emotional and mental benefits to sport. We look at a variety of topics, including why do people play sport, what stops them from participating, why do people cheat in sport and how does the heart work to get energy around our body! Understanding these topics will help you to understand your own performance in sport aswell as how you can improve it. Remember though, this course is 60% theory, therefore you will need to be prepared to learn the theory and then put it into practical performance!

Methods of Assessment:

2 x 60 minute exam papers sat in year 11 – **60% of final grade**

Paper 1	Paper 2
• Applied anatomy and physiology (Cardiovascular, Respiratory, Skeletal and Muscular systems, Movement Analysis, Effects of Exercise) • Physical training (Components of Fitness, Principles of Training, Preventing Injury)	• Socio-cultural influences (Ethics in Sport, Engagement Patterns, Commercialisation of Sport) • Sport Psychology • Health, fitness and well-being

Assessment in 3x practical sports (1 team, 1 individual, 1 free choice) – **30% of final grade**

1 coursework module (14 hours in total) – Analysis of performance **– 10 % of final grade**

Key Contentand Topics Covered

	Year 10	Year 11
HT1	Engagement Patterns	Movement Analysis
HT2	Commercialisation	Complete AEP
HT3	Muscular / Skeletal System	Effects of Exercise
HT4	Sport Psychology	Ethical Issues
HT5	Methods of Training/Principles of Training	Examination preparation
HT6	Cardio-Respiratory System	
Practical	Students will develop their skills and performances in a variety of sports including; Athletics, Badminton, Netball, Football, Trampolining & Basketball throughout the course. These lessons will focus on developing advanced skills that are needed for effective performance and assessment of the practical aspect.	

Skills developed

Theoretical knowledge and assessment of factors that underpin physical activity and sport performance.
Understanding of the physiological and psychological state that affects performance in sport.
The ability to analyse and evaluate practical performance.

Progression routes:

The course can lead on to a Cambridge Technical level 3 qualification in Sports Studies or A-Level PE offered by sixth form colleges and further education colleges. Leading to a variety of fields in the sport and physical activity sector including, personal training, coaching, sports management, PE teaching, sports analyst and physiotherapist.

Why choose this subject	✓ If you are interested in learning more about sport and how the body works to allow us to perform, as well as how to improve sporting performance then GCSE PE is for you. We look at a wide range of content in sport, from commercialisation (why do players get so much sponsorship?), to movement analysis, how do the bones and muscles work together to allow for movement. This is the course for you if you have a passion about sport and would like to lean more, as well as show off your physical prowess in a variety of sports!
Course requirements	• The desire to learn more about how the body works in sport and exercise aswell as how to improve performance • Students to compete in at least 1 sport outside of school • The ability to cope with the demands of the theory content (Anatomy of the body)
Student Testimonial	"I've enjoyed learning about how the body works and the different muscles and bones involved"
Additional Information	Students would be expected to keep a log of competitive performances throughout year 10 and year 11. Students must also be aware that they will be assessed in 3 separate sports and would need to know these by the end of year 10.