

Subject	Physical Education	
Qualification	GCSE	
Exam Board	OCR	
Course summary	<p>This course is for students with particular interest and ability in physical activity which covers a three year programme. GCSE Physical Education will stimulate and enthuse students who have a keen interest in health and fitness. It will promote a love of learning of the anatomical and physiological demands of physical activity, whilst examining new areas such as sport psychology, biomechanical processes and socio-cultural influences.</p>	
What will students learn?	Year 9 content	Unit 1.2 - Physical Training Components of Fitness. Training Principles. Optimising Training. Prevention of Injury Unit 2.3 - Health, fitness and well-being Physical, social & emotional benefits of physical activity and consequences of a sedentary lifestyle. Diet and nutrition
	Year 10 content	Unit 2.1 - Engagement patterns of different social groups Physical activity and sport in the UK. Participation in Sport. Commercialisation. Ethics in Sport. Drugs in Sport. Violence in Sport Unit 2.2 - Sports Psychology Characteristics of Skilful Movement. Classification of Skills. Goal Setting. Mental Preparation. Types of guidance and feedback
	Year 11 content	Unit 1.1 - The Structure & Function of the Skeletal System Location of major bones and muscle groups. Functions of the skeleton and types of movement. Roles of muscles in movement & Lever systems. Cardiovascular & Respiratory system. Aerobic & anaerobic exercise. Short & long term effects of exercise
How will students be assessed?	<p>Practical NEA (Non-exam assessment): Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity). Analysis and evaluation of performance to bring about improvement in one activity. The NEA is worth 40% of the total marks.</p> <p>Theory Paper 1: Unit 1 - 1 hour 15-minute written examination worth 30% of the total marks. Paper 2: Unit 2 - 1 hour 15-minute written examination worth 30% of the total marks</p>	
Differentiation	<p>During lessons, there will be tasks to challenge all students. Support will be given both during lessons and during our PE Catch-Up sessions. To enable all students to push towards their capabilities, progressive activities will be set in order to stretch the knowledge of all.</p>	
Resources	<p>Textbook: OCR PE for GCSE</p> <p>Websites:</p> <ol style="list-style-type: none"> 1. www.gcseperevision.co.uk 2. https://www.bbc.com/bitesize/examspecs/ztrcg82 3. https://revisionworld.com/gcse-revision/pe-physical-education/ocr-gcse-physical-education-pe 	