

GCSE Physical Education

OCR Level 2 GCSE (9-1) Physical Education

Sport is a high-profile and expanding industry and there is a growing need for qualified professionals in all forms of the industry.

Students will receive a well-rounded and full introduction to the world of physical education and sport. Developing an understanding of how the mind and body works in relation to performance in physical activity.

The course is equivalent to one GCSE qualification.



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GCSE Physical Education - what will I learn?

Elite sport has fully embraced sport science and considers every minute detail of an athlete's training programme, rest time, environment and psychology in the pursuit of excellence.

GCSE Physical Education offer learners the opportunity to study key areas of sport science

1. Anatomy and physiology
2. Physical Training
3. Socio-cultural influences
4. Sports psychology
5. Health, fitness and well-being.
6. Analysis & Evaluating a sports performance.

including demonstrating core and advanced skills in practical performance.

GCSE Physical Education provide a strong base for progression to Further Education, whether it is on to:
Level 3 Cambridge Technicals or A Levels
Apprenticeships
Work.



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GCSE Physical Education - How will I be assessed?

Students will develop a wide range of highly desirable, transferable skills such as communication, problem solving, team working and performing under pressure.



The course is divided into four components:

Component 1: Physical factors affecting Performance (EXAM)

- Applied anatomy and physiology
- Physical training

Component 2: Socio-cultural issues and sports psychology (EXAM)

- Socio-cultural influences
- Sports psychology
- Health, fitness and well-being.

Component 3: Practical Performances (NEA) Performance of three activities taken from the two approved lists. (PRACTICAL EXAM)

- one from the 'individual' list
- one from the 'team' list
- one other from either list.

Component 4: Analysis and Evaluation of Performance (NEA) (CWK)

This will allow them to analyse and evaluate either their own or a peer's performance in order to produce an action plan to improve the quality and effectiveness of the performance.



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GCSE Physical Education - final thought

For students to receive a well-rounded and full introduction to the world of physical education and sport the course is both practical and theory based.

It is advisable that as students have to interpret **how** the mind and body works in relation to performance students will need to have a good grasp of Science and English.



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GCSE Physical Education -who can I speak to?

OCR Level 2
GCSE PE (9-1) Physical Education



Any questions please do not hesitate to
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