



Loom Link:

<https://www.loom.com/share/013b0432650d46648fe15f76f52902c1>

GCSE PE

Theory specification (Unit 1 & 2):

<https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

NEA Specification:

<https://www.ocr.org.uk/Images/234827-guide-to-non-exam-assessment-gcse.pdf>

Past Exam Papers:

<https://www.ocr.org.uk/Images/537302-question-paper-physical-factors-affecting-performance.pdf>

<https://www.ocr.org.uk/Images/537307-question-paper-socio-cultural-issues-and-sports-psychology.pdf>

Course Structure (two weeks):

- X5 theory lessons
- X2 practical lessons

Unit	Title	Topics covered	How assessed	Overall % of grade
1	Physical Factors Effecting Performance:	1) Body Systems 2) Movement Analysis 3) Effects of Exercise on the Body Systems 4) Components of Fitness 5) Optimising Training 6) Preventing Injury	X1 60 minute written exam	30%
2	Socio-cultural Issues and Sports Psychology	1) Engagement Patterns of Different Social Groups 2) Commercialisation of 3) Ethics in Sport 4) Sports Psychology 5) Health Fitness and Wellbeing	X1 60 minute written exam	30%
NEA	Practical Team Sport	*Please see the link to the NEA specification with a list of permitted team sports	In school practical exam and external exam	10%
NEA	Practical Individual Sport	*Please see the link to the NEA specification with a list of permitted team sports	In school practical exam and external exam	10%
NEA	Free choice – Practical Individual or Team Sport	*Please see the link to the NEA specification with a list of permitted team sports	In school practical exam and external exam	10%
NEA	AEP (Analysis and Evaluation of Performance)	Self-analysis of one of your performed sporting activities	Written Coursework	10%

Who should choose this course?

- A student with a passion for PE. (not just practical but wants to learn the theoretical elements of PE)
- A student who is competing in at least x1 sport outside of school, ideally x2 sports.
- A student who can rise to the challenge of exams.
- A student who has ambitions to study A Level PE.
- A student who has an excellent attitude to learning within their current class in terms
- Someone who enjoys and achieves well in science.

Where can this course take me?

- An opportunity to Study A Level PE.
- An opportunity to study CTEC Level 3 vocational.
- Apprenticeships within the sporting industry.
- Yr12 Sport Leadership course.
- Sport specific coaching qualifications.
- Coaching job roles.

Any questions please contact Mr Waters: DWaters@woodbridgehigh.co.uk