

GCSE Physical Education/Games

An interest in sport and physical activity is essential as is a willingness to participate in extra-curricular activities to develop practical skills and boost coursework grades.

Who is it for?

The GCSE PE course OCR J587 will enable those who enjoy sport, dance and physical activity to develop their knowledge and understanding of the value physical activity has as a part of healthy living. It will also help you develop and extend your own practical skills. This option will only suit people who enjoy and have an interest in sport, dance and physical activity, and participate in one of these outside of College.

What will I study?

Practical activities include: trampolining, athletics, netball, basketball, badminton and football. Other optional activities are dance, swimming, tennis and horse riding.

How will I study?

THEORY: Paper 01

Physical factors affecting performance

Applied anatomy and physiology

Physical training

60 marks

1 hour

Written paper

30% of total GCSE

THEORY: Paper 02

Socio-cultural issues and sports psychology

Socio-cultural influences

Sports psychology

Health, fitness and well-being

60 marks

1 hour

Written paper

30% of total GCSE

PRACTICAL ACTIVITY ASSESSMENT 03

3 physical activities - 1 Individual / 1 Team / 1 Free

20 marks per physical activity

Evaluating and analysing performance (AEP) (14 hours)

20 marks (AEP)

80 marks

40% of total GCSE

Progress Information

Options post GCSE PE are:

- Fitness Instructor
- National Governing Body Awards
- Degree in Sport Science/Leisure Management
- AS and A Level PE
- Teaching Degree

Pre-requisites

You should have achieved at least an overall average of Level 6 or above during Year 9 in Physical Education and a love of sport, dance and physical activity.

A high level in Mathematics and Science is required for the theoretical element of the course.

For further information about this course, please see Miss Lowther.

OCR National in Sports Studies

An interest in sport and physical activity is essential as is a willingness to participate in extra-curricular activities to develop practical skills and boost coursework grades.

Who is it for?

The OCR National in Sports Studies course OCR J813 will enable those who enjoy sport, dance and physical activity to develop their knowledge and understanding of the value physical activity has as a part of healthy living. It will also help you develop and extend your own practical skills. This option will only suit people who enjoy and have an interest in sport, dance and physical activity.

What will I study?

Practical activities include: trampolining, athletics, netball, basketball, badminton and football. Other optional activities are dance, swimming, tennis and horse riding.

How will I study?

RO51 CONTEMPORARY ISSUES IN SPORT

60 marks 1 hour written paper 25% of total OCR National

RO52 DEVELOPING SPORT SKILLS

60 marks On-going practical assessment, one individual, one team, one officiating activity and evaluation.
25% of total OCR National

RO53 -SPORTS LEADERSHIP

60 marks completion of Sports Leaders United Kingdom course level 1 25% of total OCR National

RO54 -SPORT AND THE MEDIA

60 marks project on sport and the media 25% of total OCR National

Progress Information

Options post OCR National in Sports Studies are:

- Fitness Instructor
- National Governing Body Awards
- Degree in Sport Science/Leisure Management
- AS and A Level PE