

PHYSICAL EDUCATION

The health and fitness industry continues to grow at a significant rate. Alongside this we have started to see a rapid growth of professionalism in women's sport. GCSE PE allows pupils to develop an exciting insight into this growing industry and at a time of huge change.

Physical Education isn't a hobby, it's a part of everyone's lifestyle, so why not learn about why it's good for you and how the body works? PE provides you with the opportunity to explore the theoretical side of exercise as well as putting what you learn into practice.

COURSE CONTENT

The OCR GCSE PE specification follows on from the Key Stage 3 Physical Education Programme of Study and provides an exciting opportunity for girls to combine physical performance and academic challenge. They will start to explore the way in which the parts of the human body work and function during physical activity, and physiological adaptations that can occur due to diet and training. They will also develop their knowledge and understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

In addition, girls will develop their knowledge and understanding of sports psychology theories related to acquiring movement skills and will develop their knowledge of socio-cultural influences that impact on participation and performance and the influences of sponsorship and the media on physical activities and sports.

ASSESSMENT: OCR J587

60% of the GCSE is assessed via a written examination. Candidates take two written papers, each lasting one hour. These are designed in manageable bitesize chunks rather than long papers. There is also a non-examined assessment (NEA) which is made up of two parts: Performance and Analysing and Evaluating Performance (AEP). The performance aspect includes three sports/activities performed at GCSE worth 30% of the qualification. The AEP is worth 10% and is a written review of physical strengths and weaknesses completed in controlled conditions.

PE is a subject that opens doors to a number of careers and life options. Sport, nutrition and health are huge topics of discussion in the world today, and as the fight against obesity and sedentary lifestyle issues continues, the knowledge you gain from a course such as this will only grow in importance and relevance.

CONTACT FOR FURTHER INFORMATION

Mrs H Leathart
leathh@malvernstjames.co.uk