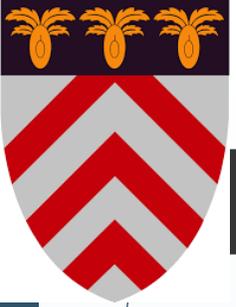


# GCSE Physical Education

**GCSE Physical Education allows you to extend your core skills and values learnt during physical education lessons at Key Stage 3. For those of you who have excelled in PE lessons and enjoy improving your knowledge of health and fitness GCSE PE will be the next step to a career in sport, leisure or the fitness industry. GCSE PE is a great knowledge base for A Level study, or a step into the sporting industry. The course will develop key skills, improve knowledge of health and fitness and the human body.**

**The topics you will study for the exam include the human body, biomechanics, diet, health and fitness, training, media and sponsorship and sports psychology.**

**You will be assessed in the form of Summer exams at the end of Year 11. There are two 1 hour 15 minute exams and these will test all the theory elements of the course. Each exam is worth 30% of your final grade (60% total). The other 40% is an assessment of your practical ability across three different sporting activities (30%) and your coursework (10%) which analyses sporting performance. The sports you choose to be assessed in must be on the practical specification.**

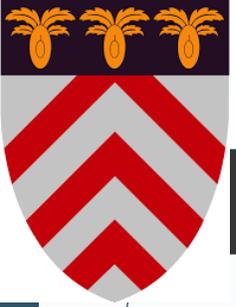


# OCR Sports Studies

**In the OCR sport studies course, students have the opportunity to apply theoretical knowledge about different types of sport and physical activity, skills development and sports leadership to their own practical performance. Students who decide to pick sports studies will learn about barriers to participating in sport, leadership in sport and also sport and the media. This will give students the foundation knowledge to continue with a BTEC sport studies course or A-Level PE should they wish to continue in this subject.**

**The course is based on coursework and therefore requires you to stay organised and on top of your workload. This course is not just about being good at sport, it is about you trying a range of new activities and researching the sports industry. You need to be prepared to take part in lessons both physically and mentally and also give up your time for extra curricular clubs and assist in inter-house sporting competitions.**

**The course is compiled of an exam (25%) coursework (50%) and practical based assessment (25%) where you will be graded on your practical performance.**



# Frequently asked questions

## **What is the difference between OCR Sports Studies and GCSE Physical Education?**

Sports studies is heavier weighted towards coursework which is completed over the 2 years. If you struggle in exams and remembering lots of information, this course would be better suited to you. You will still have an exam, but it is only worth 25% of your overall grade, whereas Physical Education is 60% assessed exam. Both courses have the same amount of practical lessons.

## **Which sports can I use to be assessed in for either of the courses?**

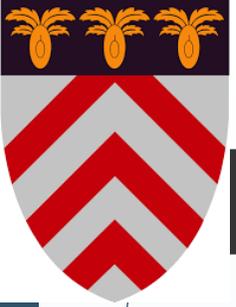
Both of the courses offer an array of sports which can be assessed in. All of these sports can be assessed via video footage also. Therefore if you play a sport outside of school, such as canoeing or golf for example, providing video evidence is sufficient.

## **Will I still have my normal PE lessons as well as this option?**

Yes, Sports Studies and Physical Education are taught over 5 lessons over a 2 week period. You will still have your 3 core PE lessons as well as these.

## **How can I find out more information about either of these courses?**

Speak to your PE teacher at the end of the lesson with any questions you have. We are happy to help and support you during this choice. Booking an appointment with your PE teacher on parents evening would be an excellent opportunity to talk about this in greater detail.



# Student feedback

## **Why choose GCSE PE?**

- I enjoyed PE in Year 9 and wanted to learn more about PE so in future I may get a career in it.
- It will help me get into the fitness industry which interests me when I finish school.
- The theory aspect supports me in playing the sport I play outside of school.

## **What's the most interesting thing you learn about on the course?**

- Learning the names of the different bones and muscles found in the body.
- Understanding how blood flows through the heart and round the body.
- How muscles and bones work together to create movement.

## **What do you like about the subject?**

- I like the fact we learn something new every lesson that we have never done before.
- I enjoy doing practical and learning in greater detail about different sports.
- I like understanding the science behind how the body works.