

Physical Education GCSE

GCSE	1-9	AQA
Who is this course aimed at?	<p>This is an option subject. A three year course that runs through years 9, 10 and year 11. The course combines practical sports lessons with theory based lessons although you will also still have your core practical PE lesson each week.</p> <p>Someone who enjoys <u>all</u> types of Sport/Physical activities and is a strong performer, competing outside of school in at least 3 sports, ideally at least 1 team and 1 individual sport. Someone who always remembers PE kit so has rarely missed practical lessons in year 7 & 8 and who is committed to sports both inside and out of school.</p> <p>A GCSE PE student must be interested in physiology and human biology (muscles and bones) as well as things like health and fitness, diet, how to train, socio-cultural influences on sport and sports injuries. You must be keen to study the theory side of PE as well as take part in the practical.</p> <p>Someone considering moving onto sixth form on successful completion of the course to study courses like: A level PE, an occupation in the sports industry or teaching/coaching opportunities, Physiotherapy/ Sports nutrition or the Cambridge technical in Sport.</p>	
How will I be assessed?	<p>70% Theory and 30% Practical</p> <p>Practical-</p> <p>You will be awarded up to 75 marks for the practical element of this course. You will be assessed in 3 sports including at least 1 team sport and 1 individual sport. (For each of your three activities, you will be assessed in skills in progressive drills (worth a maximum of 10 marks per activity) and in the full context/game/competition (worth up to 15 marks per activity). You will be awarded a maximum of 25 marks for each of the three sports.</p> <p>While your teacher will mark you in each of your sports based upon what you show them during the course or the evidence that you submit, an external moderation of the marks will take place at the end of year 11.</p> <p>You may also be assessed in your core PE lessons in sports that are not taught in the GCSE PE lessons, however you will need to check that the sports that you choose in your core PE lessons are suitable for assessment in GCSE PE. It would be advantageous to attend extracurricular clubs in that Sport/Activity. Examples could be Football, Netball, Badminton or Athletics</p> <p>You may wish to be assessed in activities that cannot be assessed at college such as Golf, Horse Riding or Skiing. If this is the case you will need to provide video evidence of the level you are performing at.</p> <p>Theory-</p> <p>Theory marks come from two 75 minute GCSE exam papers which are marked externally by the exam board (AQA). The exam papers include short and long answer questions which are worth between 1 and 9marks. You will be awarded a score out of 78 for each paper.</p> <p>Your theory mark also includes a written analysis and evaluation of your own performance in sport to bring about improvements in your own performance in one sport which is worth up to 25 marks.</p> <p>The exam board will combine your theory and practical scores and provide you with an overall grade for GCSE PE between Grade 1 and Grade 9.</p>	
Will I enjoy the course?	<p>You are most likely to enjoy this course if you are enthusiastic about your PE lessons and involve yourself without reservation in all practical situations. Your enjoyment of this course will be optimised by realising the high standards and commitment that is expected during both the theory and practical sessions. You should be willing to fully commit yourself to every practical session even if it's not your strongest or favourite activity and have a keen interest in human biology, physiology, health and fitness and psychology of sport.</p>	
What will be expected of me?	<p>Students are expected to keep a neat, tidy and well organised theory file and bring exercise books, text book, pens/pencils etc. to every lesson. You will be expected to take part in all practical lessons to the very best of your ability, showing commitment, determination and enthusiasm. You will be expected to work to the best of your ability both as an individual and as part of a wider team to best support the achievements of both yourself and your peers.</p>	

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What will I study?

In theory lessons you will consider applied anatomy and physiology (specifically the cardio and respiratory systems in addition to muscles, bones and the body in movement), Physical training for sport, sports psychology, socio-cultural influences on sports participation, health, fitness and wellbeing.

You must be competent to perform and compete in at least 1 individual sport and 1 team sport from the list below. You will be assessed in 3 sports in total. If your sport is not on this list you will not be able to use it towards your GCSE.

GCSE PE SPORTS 2021 Onwards-

Team Sports (where you use a sport as a team sport you cannot use the same sport as an individual sport eg. Doubles and singles tennis as 2 of the three required activities).

THE TEAM SPORTS

Team activity list	
Activity	Comments/restrictions
Association football	Cannot be five-a-side or futsal.
Badminton	Cannot be assessed with singles badminton.
Basketball	
Camogie	Cannot be assessed with hurling.
Cricket	
Dance	Can only be used for one activity.
Gaelic football	
Handball	
Hockey	Must be field hockey. Cannot be assessed as ice hockey or roller hockey.
Hurling	Cannot be assessed with camogie.
Lacrosse	

Activity	Comments/restrictions
Netball	
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity.
Rugby League	Cannot be assessed with Rugby Union or rugby sevens. Cannot be tag rugby.
Rugby Union	Can be assessed as sevens or fifteen-a-side. Cannot be assessed with Rugby League and cannot be tag rugby.
Squash	Cannot be assessed with singles squash.
Table tennis	Cannot be assessed with singles table tennis.
Tennis	Cannot be assessed with singles tennis.
Volleyball	

THE INDIVIDUAL SPORTS

Individual activity list	
Activity	Comments/restrictions
Amateur boxing	
Athletics	
Badminton	Cannot be assessed with doubles badminton.
Canoeing/kayaking (slalom)	Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking sprint, rowing or sculling.
Canoeing/kayaking (sprint)	Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking slalom, rowing or sculling.
Cycling	Track or road cycling only. Cannot be assessed in track cycling and in road cycling.
Dance	Can only be used for one activity.

Activity	Comments/restrictions
Diving	Platform diving only.
Golf	
Gymnastics (artistic)	Floor routines and apparatus only. Cannot be rhythmic gymnastics.
Equestrian	
Rock climbing	Can be indoor or outdoor climbing.
Sculling	Cannot be assessed with rowing, canoeing or kayaking.
Skating	Outdoor/indoor on snow. Cannot be assessed with snowboarding. Must not be on dry slopes.
Snowboarding	Outdoor/indoor on snow. Cannot be assessed with skiing. Must not be on dry slopes.
Squash	Cannot be assessed with doubles squash.
Swimming	Cannot be synchronised swimming. Cannot be personal survival. Cannot be lifesaving.
Table tennis	Cannot be assessed with doubles table tennis.
Tennis	Cannot be assessed with doubles tennis.
Trampolining	