

# PE (PHYSICAL EDUCATION)

## Course Details

At GCSE level the course is split into practical and theory. 40% of the assessment is practical and 60% theory.

**Practical Component** — You will be assessed in your performance in three sports. The sports you can choose from are listed below. You must select one individual and one team sport/activity and the third sport can be from either list. Together these are worth 30% of the overall mark.

You will also complete a piece of controlled coursework 'Analysing and Evaluating Performance' task, where you observe a performance of another candidate and develop an action plan to improve an identified weakness. This is worth 10% of the overall practical mark.

**Theory Component** — In GCSE PE you will explore the way in which the parts of the human body work and function during physical activity and how diet and training can cause changes in performance. You will also develop your knowledge and understanding of sports psychology. In addition, you will study the health and fitness benefits of exercise and the consequences of leading a sedentary lifestyle. Your knowledge is assessed by means of two examinations that each last one hour. These are worth 60% of the overall mark.

### Course Type/exam board:

GCSE // OCR

### Course Availability

Compulsory? No

Option for all? If you participate regularly in sport outside of school

### What subjects combine well with GCSE PE?

Biology

#### Do you enjoy all sports or do you only really like one, such as football...?

This is an important question to ask yourself when considering this option as you must be keen to play more than one sport in order to be successful. You must be participating in at least 1 sports outside of school on a regular basis.

**Team Sports:** Football, Badminton (team or individual), Basketball, Cricket, Dance, Figure Skating, Handball, Hockey, Inline Roller Hockey, Netball, Rowing, Rugby, Sailing, Squash (team or individual), Table Tennis (team or individual), Tennis (team or individual), Volleyball.

**Individual Sports:** Athletics, Badminton, Canoeing, Cross Country Running, Cycling (Track, road, BMX racing), Dance, Golf, Equestrian, Rock climbing, Sailing, Skiing/snowboarding, Swimming, Trampoline, Table Tennis and Tennis.

## Student View

I really like learning about the way the body changes during exercise. The practical lessons are really fun.

## How is GCSE PE assessed?

Assessment	% of GCSE
Examination	60
Coursework/practical	40