

# PHYSICAL EDUCATION (GCSE)

Examination Board

AQA

## Overview of the course

The course has a 40% practical and 60% theoretical weighting. The practical is based on assessment of three activities, while the theoretical aspect is assessed by two 75 minute written papers at the end of the course.

This course will enable you to:

- develop and apply your knowledge, skills and understanding of activities
- develop your knowledge and understanding of factors affecting participation and performance
- understand the role of rules and conventions
- promote your understanding of the health benefits and risks associated with taking part in activities
- develop the skills necessary to analyse and improve performance
- support your personal and social development through adopting different roles in selected activities.

## Course content: Practical

The practical component will involve you participating in a range of activities with your final three activities being one individual activity, one team activity and one individual or team activity.

Please note the following:

- It will not be possible to offer all of the activities, therefore you may not get to do your favourite activity in school. You could, however, be assessed via core PE, extra-curricular clubs or video evidence from outside of school. This will have to be arranged with your PE teacher.
- You will have the opportunity to take part in more than just three activities.
- The activities available for assessment are shown below:

Team Activities			Individual Activities		
Association football	Badminton	Basketball	Amateur boxing	Athletics	badminton
Camogie	Cricket	Dance	Canoeing	Cycling	Dance
Gaelic football	Handball	Hockey	Diving	Golf	Gymnastics
Hurling	Lacrosse	Netball	Equestrian	Kayaking	Rock climbing
Rowing	Rugby league	Rugby union	Rowing	Sculling	Skiing
Squash	Table tennis	Tennis	Snowboarding	Squash	Swimming
Volleyball			Table tennis	Tennis	Trampolining

## Course content: Theory

The theoretical section includes the following topic areas:

1. Applied anatomy and physiology
2. Movement analysis
3. Physical training
4. Use of data
5. Sports psychology
6. Socio-cultural influences
7. Health, fitness and well-being

Each topic area will be assessed in one of the two written papers, as highlighted below:

<b>Paper 1: The human body and movement in physical activity and sport</b>	<b>Paper 2: Socio-cultural influences and well-being in physical activity and sport</b>
Applied anatomy and physiology Movement analysis Physical training Use of data	Sports psychology Socio-cultural influences Health, fitness and well-being Use of data

### **How you will be assessed**

#### Practical

For each of your three activities, you will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity). Each activity will be scored out of 25.

You will also be assessed on your analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity. The written coursework will be scored out of 25.

#### Theory

You will complete two written exam papers (as stated above), with each paper being out of 78 marks. Each exam will involve a mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

Students who successfully complete this course will be awarded a GCSE graded on a nine point scale: 1 to 9 – where 9 is the best grade.

### **Special notes**

- The practical analysis and evaluation section (practical) will require you to complete a number of written assignments
- You will also be required to complete regular homework assignments as part of your preparation for the written paper. If you fail to complete set tasks, you will be placing yourself in a situation where you may not be entered for the final exam.
- As general background, you are advised to keep yourself informed of current sporting developments by reading newspapers, magazines and books, as well as watching relevant TV programmes.
- It is expected that you currently play for a team in or outside of school for your main event.
- You will find it to your advantage to get involved in a number of clubs, both in and out of school for the activities being taught for assessment to enhance your weaker activities.
- CONTRACT - Students opting for this course will be required to sign a contract which lists what is expected. One such requirement will be the participation in at least one extra-curricular sports club/team.

### **Post-16 courses available**

A Level Physical Education is currently available in The Sandon Sixth Form