



## OPTION SUBJECT: OCR GCSE Physical Education

<b>What type of qualification will I achieve?</b>	GCSE (9–1) in Physical Education qualification. (J587)
<b>What will I be doing in my lessons and what skills will I gain?</b>	<p>Unit 1 – Factors affecting performance.</p> <ul style="list-style-type: none"><li>Applied anatomy and Physiology and Physical training</li></ul> <p>Unit 2 – socio cultural issues and sports psychology</p> <ul style="list-style-type: none"><li>Socio-cultural influences, Sports psychology and Health, fitness and well-being</li></ul> <p>Unit 3 - Practical Performances. Core and advanced skills in three activities taken from the approved lists.</p> <ul style="list-style-type: none"><li>one from the 'individual' list, one from the 'team' list and one other from either list</li></ul> <p>Unit 4 - Analysis and Evaluation of Performance This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.</p>
<b>How and when will my work be assessed?</b>	<p>Written paper: 1 hour 30% of total GCSE (9–1) 60 marks This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.</p> <p>Written paper: 1 hour 30% of total GCSE (9–1) 60 marks This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items</p> <p>Non-exam assessment (NEA) 30% of total GCSE (9–1) 60 marks This NEA will consist of three activities, including at least one 'team' and at least one 'individual' sport from the approved activity lists, all performed in competitive situations.</p> <p>Non-exam assessment (NEA) 10% of total GCSE (9–1) 20 marks This NEA will consist of a written task that must be produced under controlled conditions.</p>
<b>How much time will I need to work on this subject out of lesson time?</b>	GCSE PE students are expected to attend afterschool clubs each week to improve practical scores. GCSE PE students are also expected to represent house teams and school teams when it comes to competition and complete theory-based homework each week.
<b>What will this course lead to in the Sixth Form?</b>	A Level Physical Education Level 3 Cambridge Technical in Sport and Physical Activity. BTEC level 3 in sport



<b>What possible careers and work related opportunities are there?</b>	Sports coaching, PE teaching, sports nutrition and sports physiotherapy.
<b>More information?</b>	Your PE teachers will be able to advise you on the best examination PE option for you. Miss Rhodes – <a href="mailto:r.rhodes@ibstockcollege.co.uk">r.rhodes@ibstockcollege.co.uk</a> Mr Ball – <a href="mailto:d.ball@ibstockcollege.co.uk">d.ball@ibstockcollege.co.uk</a>  <a href="#">GCSE - Physical Education (9-1) - J587 (from 2016) - OCR</a>