

Staff Contact: Mrs L Green (stgreenl@selstonhigh.org.uk)

Studying GCSE (9-1) Physical Education will open students' eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide-ranging knowledge into the how and why of physical activity and sport.

Outline content:

GCSE (9-1) PE includes the compulsory study of: Applied Anatomy and Physiology, Physical Training, Sports Psychology, Socio-cultural Influences and Health, Fitness and Wellbeing. Alongside this are the skills of PE which are examined via the Non- Exam Assessment (NEA) component.

GCSE PE will aim to develop your knowledge and understanding in:-

- ✓ The biomechanics of sporting movements
- ✓ The ways the human body works and functions during physical activity
- ✓ Physiological adaptations that can occur due to diet and training.
- ✓ The principles of training to optimise physical performance.
- ✓ Data analysis in relation to key areas of sports performance.
- ✓ Sports psychology theories and their influences on performance.
- ✓ Socio-cultural influences that impact on participation and performance.
- ✓ How sport impacts on society's engagement patterns.
- ✓ Strategies to promote participation.
- ✓ The commercialisation of physical activities and sports.
- ✓ The benefits and importance of participating in physical activities and sports to your health, fitness and wellbeing.
- ✓ The importance of effective nutrition for sporting performance.

Assessment including internal examinations and controlled assessments:



Paper one – Physical Factors affecting performance. 1 hour written exam. (60 marks)

- ✓ Anatomy and Physiology
- ✓ Physical Training

Paper two - Socio-cultural Issues And Sports Psychology. 1 hour written exam (60 marks)

- ✓ Sports Psychology
- ✓ Socio-cultural Influences
- ✓ Health, Fitness and Wellbeing

Practical - Performance with Physical Education

- ✓ Performance practical in three activities, equally weighted at 20 marks each **(60 marks)**
- ✓ Analysing and Evaluating Performance (AEP) **(20 marks)**

Future progression (e.g. what courses might follow on in post-16 education)

PE is a subject that opens the door to a number of careers and life options such as:

Career Options

- Personal Training
- Sports Coaches
- Gym Staff
- Sports Therapists
- Involvement with specific sports clubs via apprenticeships

Medical Pathways

- Physiotherapy
- Occupational Therapy
- Dietitian
- Sports Massage

Further Education Courses

- BSc Sports Science
- PGCE/PGDE
- BA Coaching
- BA Sports Management
- Bsc Exercise & Health

Skills, personal qualities and commitments required to take this course:

You will be assessed in both team and individual sports. You must participate in three sports that you can perform a range of skills, with accuracy, control and consistency. You need to be resilient, able to work independently and have a genuine interest in physical activity and its wider contexts. The specification also encourages the development of strong literacy and numeracy skills to allow interpretation and analysis of data, as well as analysing and evaluating performance for the controlled assessment element of this course.

Homework:

Homework will be regularly set to aid with examination revision and coursework preparation.

