

Students will be required to complete assessments in both Theory and Practical areas.

**Practical Assessments – 30%**

For the practical element of the course students will need to be assessed in 3 activities including 1 team activity, 1 individual activity plus 1 other from either team or individual. Students will follow units of work in a range of activities to fulfil both the team and individual criteria.

In addition, Students may be assessed in external activities followed out of school if this is on the exam syllabus. In previous years this has included Rugby Union, Swimming, Dance and Skiing.

Students are marked out of 20 and the best three marks contribute to 30% of the final G.C.S.E grade.

**Theory examinations – 60%**

Students will complete two, one-hour examinations at the end of the course in Year 11 worth 30% each.

These are based on applied anatomy and physiology and Physical Training, Socio-cultural influences, Sports Psychology and health, fitness and well-being where they will look at areas such as:

- Basic structures and functions of body systems
- Short & long term effects of exercise on these systems
- Movement analysis
- Knowledge of components of fitness and measurement of fitness
- Sports injuries & how to prevent these
- Factors which influence participation in sport
- Commercialisation of sport
- Ethics, Drugs & violence in sport
- Development of skill

More information can found by following this link:

<http://www.ocr.org.uk/qualifications/gcse-physical-education-j586-j086-from-2016/>

**Controlled Assessments – 10%**

Students will complete one piece of Controlled Assessment. This will be a piece of coursework on analysing and evaluating performance.

Please note:

Students who wish to take G.C.S.E PE as an option should have a keen interest in physical activity and sport. Ideally, they should take part in a range of activities in and out of school and have a competent level of general fitness.

**Both GCSE PE and Sports Studies are theory courses with practical elements**  
**Mrs K Joslin**

