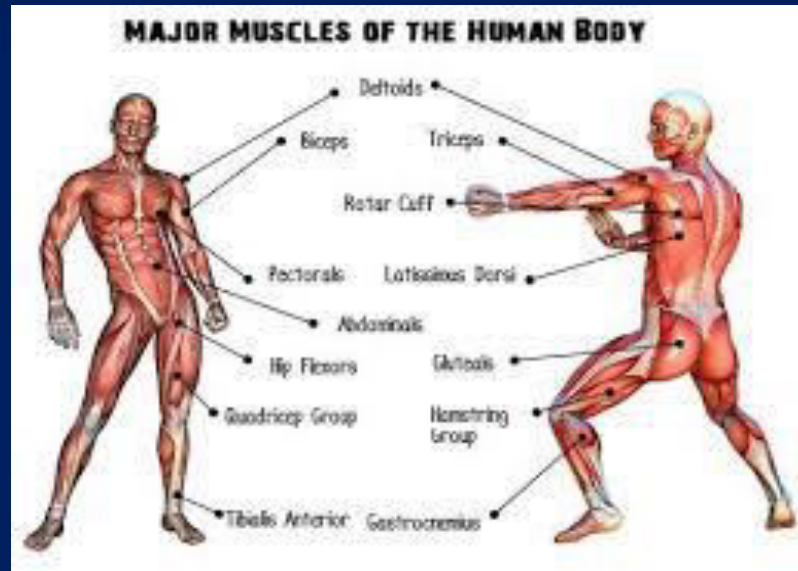


Welcome to GCSE Physical Education



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Specification Information

Year 10

- Applied anatomy and physiology.
- Physical training.
- 1 hour Exam worth 15% of total GCSE sat at the end of Year 11.
- Performance in physical education (3 sports) worth 30% of total GCSE, completed by March of Year 11.

Year 11

- Socio-cultural influences.
- Sports psychology.
- Health, fitness and well-being.
- 1 hour exam worth 15% of total GCSE sat at the end of Year 11.
- Analysing & Evaluating Performance (coursework) worth 10% of total GCSE.
- Performance in physical education (3 sports) worth 30% of total GCSE, completed by March of Year 11.



What you will learn

Year 10 – Physical factors affecting performance.

- The structure and function of the skeletal system.
- The structure and function of the muscular system.
- Movement analysis.
- The cardiovascular and respiratory systems.
- Effects of exercise on the body systems.
- Components of fitness.
- Applying the principles of training.
- Preventing injury in physical activity and training.

Year 11 – Socio-cultural issues and sports psychology.

- Engagement patterns of different social groups.
- Commercialisation of physical activity and sport.
- Ethical and socio-cultural issues in physical activity and sport.
- Sports psychology.
- Health, fitness and well-being.



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How you will be assessed/question types/skills

- **Theory** - 2, 1 hour written exams. A mix of multiple choice, short answer and long answer questions.
- **Coursework** (Analysing and Evaluating Performance), you will have 14 hours to complete this. It must be typed up under controlled-assessment conditions.
- **Practical performance** – performance of three activities taken from the two approved lists (p.16 & 64). **One** from the ‘individual’ list, **one** from the ‘team’ list and **one** other from either list. Each sport **MUST** be performed in a competitive situation and logged. Therefore it is important that you are regularly competing in at least 2 sports outside of school. In school you will cover badminton, handball and athletics (there will also be an option to do climbing), these options will give you an opportunity to perform competitively, however you will be required to attend extra-curricular practices and represent school where appropriate.

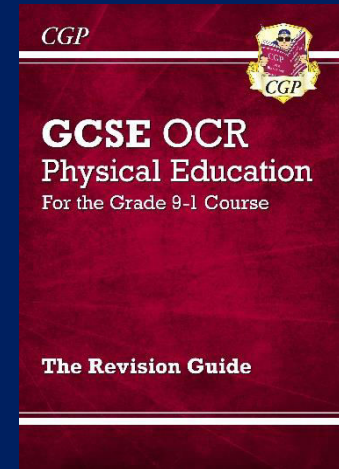
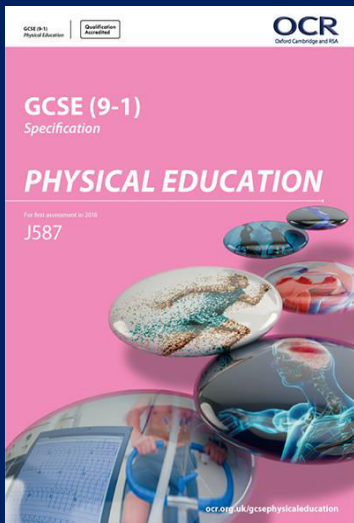


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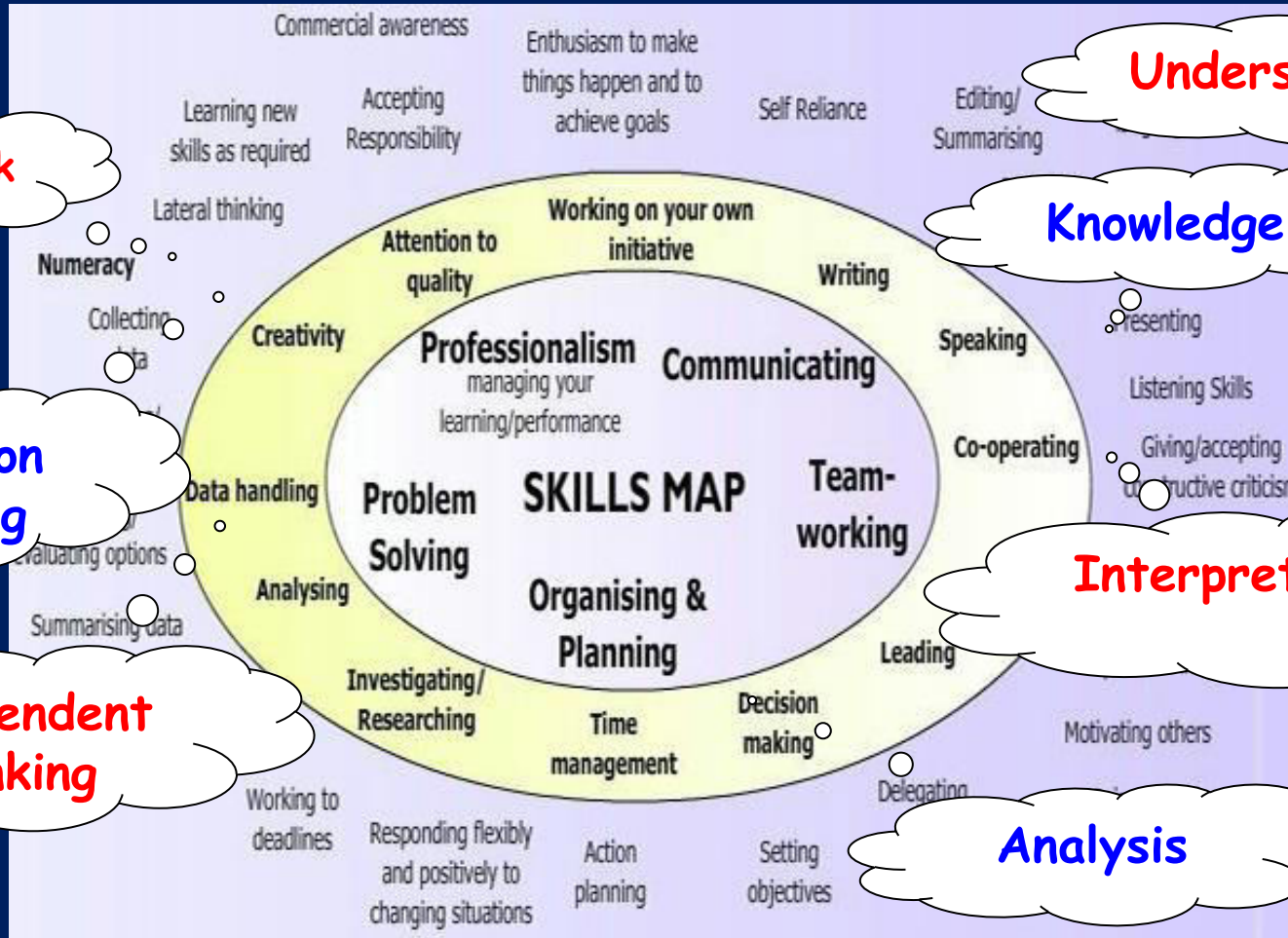
Resources -

<https://vle.westhillschool.co.uk/course/index.php?categoryid=12>



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Skills developed



Careers/Next steps

- PE TEACHER
- PHYSIOTHERAPIST
- PERSONAL TRAINER
- SPORTS PERFORMER
- COACH/INSTRUCTOR
- SPORTS LAWYER
- JOURNALIST
- COMMENTATOR
- SPORTS ANALYST
- BROADCAST PRESENTER
- SPORTS SCIENTIST
- SPORTS PSYCHOLOGIST
- LEISURE OPERATIONS AND MANAGEMENT
- SPORT MARKETING, PR & COMMUNICATIONS
- SPORTS DEVELOPMENT
- ARMED FORCES
- SPORTS AGENT



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Where can you find more information

- PE department Twitter: @WesthillPE
- <https://www.westhillschool.co.uk/curriculum/subject-areas/pe>
- <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>
- <https://www.ucas.com/job-subjects/physical-education>
- <https://www.ocr.org.uk/Images/222367-qualification-factsheet.pdf.pdf>



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Extra-curricular

<https://www.westhillschool.co.uk/curriculum/extra-curricular/sporting-opportunities>



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