SUBJECT: PHYSICAL EDUCATION (GCSE OPTION)

HEAD OF DEPARTMENT: MR T. CUFF AND MRS L. COLDHAM	**SYLLABUS NUMBER:** J587

SYNOPSIS OF CONTENT

Theory Content: 2 theory papers make up 60% of the overall mark. Topics covered include: Anatomy and Physiology, Movement Analysis, Physical training, Health fitness and well-being, Sport psychology, Socio-cultural influences

Practical Content:
This makes up 30% of the overall mark. Students have to choose 3 sports (at least one must an individual sport and at least one must be a team sport) which are continually assessed over the duration of the course with a final examination in year 11.

P.E.P. -Personal Exercise Plan
This makes up 10% of the final mark. Students have to devise and complete a six week training programme to increase performance in a particular sport

RESOURCES

- OCR P.E GCSE Text Book (9-1) Second Edition
- Practical lunch time clubs to enhance performance.
- Revision clubs before examinations.
- GCSE lunchtime clinics throughout the term.

Practical lunchtime clubs are compulsory

SETTING ARRANGEMENTS

No setting for practical elements.

Year 10 theory groups set from English, Mathematics and Science. These are re-set for year 11 based on mock exam results in year 10.

ASSESSMENT

Practical:
- Students are continually assessed throughout the course.
- A final practical examination takes place in Year 11.
- Formative assessment (AFL)

Theory:
- Students are continually assessed throughout the course. Mock examinations take place in Year 10 and Year 11.

SELF STUDY ADVICE

- Attend GCSE PE theory clinic
- Keep a record of fitness training.
- Revision clubs.

EXTRA CURRICULAR OPPORTUNITIES

- It is strongly advised that students take part in at least one sport competitively outside of school and train regularly.
- Attend practical lunch time clubs to improve practical performance.