

## OPTIONS SUBJECTS: GCSE Physical Education

### HEAD OF DEPARTMENT

Mr Rowling

### EXAM BOARD

OCR

### BREAKDOWN OF MARKS

2 x Written paper: 1 hour

60% of total GCSE (9–1) 60 marks each paper

Non-exam assessment (NEA)  
practical performance 30% of total GCSE

Non-exam assessment (NEA) Analysis and  
Evaluation of performance 10% of total GCSE

### SKILLS

You will need to be a strong practical performer and compete in sport inside or outside of school. This should be You should have a good understanding of the body and how it responds to exercise.

### VITAL INFORMATION

2 written papers 1 hour each worth 60% of overall grade (30% each)

3 practical performances in different sports worth 30% of overall grade (10% each sport)

1 analysis of performance coursework worth 10% of overall grade

You must have an interest in anatomy and physiology, physical training and play sport outside of school.

### CURRICULUM CONTENT

J587/01 Physical factors affecting performance (paper 1 30% of overall grade)

This component will assess: 1.1 Applied anatomy and physiology. 1.2 Physical training including Musculoskeletal system, cardiorespiratory system, methods and types of training, components of fitness, how to prepare and recover safely from exercise, movement analysis

J587/02 Socio-cultural issues and sports psychology (paper 2 30% of overall grade)

This component will assess: 2.1 Socio-cultural influences 2.2 Sports psychology 3 Health, fitness and well being. Including factors impacting participation, anxiety and arousal in sport, diet and nutrition

J587/04 Practical Performances This component will assess: Core and advanced skills in three activities taken from the approved lists:

You must choose at least 1 team and 1 individual sport. You will then have one free choice. Sports include: Football, Basketball, Handball, Cross country, Athletics, Rock climbing, table tennis, netball, swimming, trampolining, Dance, volleyball, tennis, Boxing, Karate, Volleyball, Badminton.

J587/05 Analysing and Evaluating Performance Pupils review own performance and write an action plan designed to improve a specific skill within that sport.

### CURRICULUM & CAREER PROGRESSION

#### NEXT STEPS

A level PE

Level 3 vocational sport course

Level 3 apprenticeship in sport

#### CAREERS

PE teacher

Fitness instructor

Nutritionist

Sports coach

Physiotherapy

Sports Scientist

Sports Analyst

Sports Journalist