



Physical Education

AQA GCSE PE/OCR Cambridge National in Sport Studies

There are TWO options to choose from when considering PE for the KS4 pathway. Students will be able to select as a preference either AQA GCSE PE Physical Education or OCR Cambridge Sport Studies National qualification. Students will be guided with this choice BUT ultimately will be placed onto the best course for them, by staff, to maximise their chance of success.

AQA GCSE PE - Syllabus Content

The GCSE syllabus is divided into three parts:

Paper 1: The Human Body and Movement in Physical Activity and Sport – 30%

Paper 2: Socio-cultural Influences and Well-Being in Physical Activity and Sport – 30%

Practical performance in physical activity and sport – 40%

(Exam papers are designed using a familiar combination of multiple choice and short and extended writing questions, which will be used across both exam papers.)

Assessment

Paper 1: Written exam 1 hour 15 minutes – 78 marks – 30% of GCSE

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2: Written exam 1 hour 15 minutes – 78 marks – 30% of GCSE

- Sports psychology
- Socio-cultural influences
- Health, fitness and wellbeing
- Use of data

Practical Assessment

Internal assessment and external moderation – 100 marks – 40% of GCSE

Students and parents should be aware that not all sports are catered for by the examination board. If students are proficient in a particular sport, they should check with the PE Department as to its acceptability for the course or check the AQA website for syllabus details.

Students are assessed in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third that can be either a team or an individual activity).

For each of the three activities, students will be assessed on:

- their skills
- the full context in a competitive situation

In one activity, students are assessed on the analysis and evaluation of performance to bring about personal improvement in physical activity and sport.

General Requirements

Students wishing to follow this course will have demonstrated to the department that they are fully committed to the subject, are engaging with competitive sport through extra-curricular or an external club and have a passion for learning the theory behind sports performance and exercise. It is essential for students to make a commitment to the academic rigours of the course and be able to apply theoretical knowledge.

It is strongly recommended that students should have a solid understanding of the scientific principles related to physical education, as this constitutes a large proportion of the course. There will be an opportunity to purchase a course specific t-shirt at the beginning of their studies. This will be beneficial for practical lessons and assessment.

PE OCR Cambridge National in Sport Studies

The PE OCR Cambridge National in Sport Studies will encourage you to think for yourself about the study of sport and the application to real life practical sport, leadership and evaluation of the skills required. There are a range of internally and externally assessed units that include both coursework-based tasks and theoretical exam(s).

As part of the Cambridge National, you'll cover:

- how technology is used in sport
- how to develop as a team player and how to develop as a leader
- plan, deliver and evaluate your own sports activity session
- performing in front of an audience
- the connection between sport and media, and the different ways that sport is represented
- local and national outdoor activities, how to prepare and benefit from them.

Why choose Sport Studies

This is a great option for students who would like to pursue a qualification in PE and Sport with the added benefit of submitting ongoing work for assessment, instead of the higher 'exam assessed' weighted units involved in AQA GCSE PE course.

You'll develop a range of skills to help you succeed not only in the workplace but in other subjects too. These skills include:

- analytical skills
- creative thinking
- leadership
- research and planning
- Team working
- Verbal communication and presentation skills.

What can I do with a Physical Education Qualification?

No matter what you progress on to – the skills you'll learn from a GCSE PE course or Cambridge National qualification will prepare you for the future. Achieving a good grade at KS4 will help you progress on to any A level, advanced GCE or BTEC National course. If you enjoyed your physical education GCSE or PE Cambridge National qualification, you might want to continue your studies in this area on the Advanced Physical Education course available here at SA. Alternatively, you may wish to consider a more vocationally related course, such as the BTEC National Award in Sport, also offered here at Sharnbrook Academy. Employment opportunities where your skills will be particularly valued include the leisure industry, sports coaching and analysis, teaching and some professional health industries.

For further information see

Mrs L Reynolds lreynolds@sharnbrook.academy

Mr S Carter scarter@sharnbrook.academy