

Course Title:

GCSE Physical Education (Edexcel)

Cambridge National in Sports Studies (OCR)

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All students in KS4 participate in four hours of core PE a fortnight, we then offer two types of additional course, which students can opt to study. We now need to ensure that students are appropriately picking the course based on their own strengths between GCSE PE and Cambridge National Sports Studies.

When making your selection please pick Physical Education on the options form and then the PE department staff will be involved in nominating the courses.

Edexcel GCSE PE

Why study GCSE Physical Education?

GCSE PE is a practical and theoretical subject that develops your knowledge of physical activity and how the body's systems work. You must have an interest in sport and how the body works: participation in extra-curricular clubs and/or out of school clubs would be essential.

More information and the full syllabus can be found at:

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

Course Outline

Physical Education at GCSE builds on the practical performances of a variety of sports developed in the lower school and introduces a whole new theoretical component that links the two together.

The course consists of four components within Physical Education, each weighted differently:

	Type	Code	Value
Component 1: Fitness and Body Systems	Written Exam	1PE0/01	36%
Component 2: Health and Performance	Written Exam	1PE0/02	24%
Component 3: Practical Performance	Practical Moderation	1PE0/03	30%
Component 4: Personal Exercise Programme	Coursework	1PE0/04	10%

Assessment Format

Edexcel (1-9) Physical Education 1PE0

Students all follow a linear course which is assessed by two terminal examinations at the end of Year 11; component 1: Fitness and Body Systems and component 2: Health and Performance. Component 1 is one hour and three quarters long and Component 2 is one hour and a quarter long. The papers combine for 60% of the final mark, 36% and 24% respectively.

A Practical Moderation will occur in Year 11 to demonstrate the student's practical ability and will make up 30% of their final mark.

The last 10% of the course is completed in the form of written coursework to demonstrate the students' understanding of physical training.

What skills will I need to be successful in this subject?

There is need to not only participate in sports inside and outside of school, but also to have a keen interest in sport and physical education, such as how the body works and the reasons why people participate in physical activity. If you only want to do the practical side of Physical Education, GCSE PE is NOT for you as this is a theoretical classroom-based subject.

Cambridge National Sports Studies

Why study Cambridge National Sports Studies?

This course is the equivalent of one GCSE and involves students completing three assessment units. One unit is an exam at the end of year 11 and the other two units are coursework based. The theory exam deals with contemporary issues in sport and the two coursework units are focused on Sport and Leadership and Sport and the Media. It is a fun and enjoyable course and will ensure students:

- Understand and apply the fundamental principles and concepts of Sport Studies.
- Develop learning and practical skills that can be applied to real-life contexts and work situations.
- Think creatively, innovatively, analytically, logically, and critically.
- Develop independence and confidence in using skills that are relevant to the Exercise, Physical Activity, Sport, and Health sector.
- Understand topical and contemporary issues in sport, including why people do not participate in sport, the promotion of ethics and values, the roles of National Governing Bodies and high profile events have in sport, as well as how technology is used within sport.
- Develop skills as a performer in two different sporting activities and learn how to lead sporting activity sessions
- Create a plan, write, and evaluate an activity session, to further develop leadership skills
- Analyse their own performance to help improve themselves and their skills in sport
- Explore the relationship that media has with sport and understand how linked they are.
- The relationship to real world examples and the different ways in which sport and the media represent each other will be applied.
- Develop the skills of team working, research and planning and understand that sports performance goes far beyond just the simple physical activity of sport.

Possible Careers and Future Education

Physical Education can have an enormous influence on a person's life. Once students have a greater understanding of Health and Wellbeing and Fitness and Body Systems, it can shape their future to lead a healthy and active lifestyle. Both courses will prepare students for any post 16 courses in Physical Education or Sport.

There are several possible careers to be had from studying GCSE PE such as Sports Physiotherapist; Personal Trainer; Sports Journalist; Sports Coach and PE Teacher. The subject can also help in making you a better athlete, as having a great understanding of how the body works can lead to improvements in individual performance.

Physical Education promotes more than just physical activity, it improves confidence, social skills, knowledge, self-esteem, teamwork, and friendships. These attributes can only help a student in their future education whether that be in PE or any other subject they choose to continue studying.