

GCSE PE**Exam Board: OCR****Course Description:**

The GCSE PE course aims to encourage students to actively understand what factors affect performance and what can be done to improve them. It will also encourage students to not only follow an active healthy lifestyle but also to understand what this means and what factors may affect it. Furthermore, students will develop the ability to self-reflect upon performance and offer advice for improvement.

Course content:

The order of the units studied over the 3 years may be subject to change on a yearly basis.

Autumn/Spring Term (Theory)

- **Effects of exercise upon the body** – understanding the structure, function and long and short term effects of exercise on the skeletal and muscular systems.
- **Movement analysis** – the planes of movements and levers which impact upon participation in physical activity.

Spring/Summer term (Theory)

- **Effects of exercise upon the body** – understanding the structure, function and long and short term effects of exercise on the cardiovascular and respiratory system.
- **Components of fitness and fitness testing** – definition, testing and monitoring and impact on a healthy balanced lifestyle as well as practical performance.

Extra-Curricular Opportunities:

The opportunities available for students run at lunchtimes, and fixtures for school teams after school. A weekly GCSE catch up session is also available. The extra-curricular time-table can be found on the Academy's web-site.

GCSE students also have the opportunity to help lead lunch time practices for Key Stage 3 students.

Important information:

Students will be expected to complete both practical and theoretical lessons for this course.

The unit order over the 3 years may be subject to change.

Students have to demonstrate practical prowess in at least 3 different sports (1 individual sport, 1 team sport and 1 other from a prescribed list).

Useful websites:

- **School PE page of the VLE** – dedicated page to the GCSE course. This includes resources and specification used in the lesson.
- **BBC sport web site** – practical sport, coaching practices.
- Sport specific web pages e.g. **RFU/F.A/England netball** (unit 2/6)
- **Brianmac** – fitness information.

Provision for the Most Able:

Differentiated lessons challenge and push More Able students and support working towards the highest possible level. This may include taking on greater leadership, coaching or officiating roles or specific ability tasks related to overall achievement.

Assisting other students and acting as mentor/role model

Participation in the School Talented and Gifted programme.

Assessment:

Termly or end of unit assessments (exam written paper).

Ongoing practical assessment (3 activities required by February Year11).