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| GCSE Physical Education | | | |
| Exam Board | OCR | Course Code | J587 |
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| Outline of course | The course combines the physical performance and academic challenge to provide an exciting opportunity for students.  You can perform practically, and then through the academic study learn how to improve your performance though application of the theory.  You will learn the reasons why we do things, why some people out perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also gain an understanding of the consequences of inactivity and poor diet. | | |
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| Method(s) of Assessment | * 60% Two hours assessment split over two examination papers (2x 1 hour) taken at the end of the two year course. * 40% Non- Exam Assessment (NEA) = * 3 x practical performances (1 team, 1 individual + 2nd team or individual sport) * One Performance Analysis task. (Coursework).   • A wide range of Question types including: multiple choice, single mark, short answer and extended response questions.  • The opportunity to demonstrate your knowledge of the theory and performance skills in both your NEA and through the examinations. | | |
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| Choose this subject if.. | * You already perform sport in and out of school and participate in 3 different sports/activities. * You play for a club, district, county. * You have a keen desire to participate in sporting fixtures and extra-curricular activities. * You will participate in rock-climbing or other sports if your teachers believe they will help your practical grade. * You have a good knowledge of biology and anatomy, * You have an interest in sports psychology and socio-cultural issues. * You are confident in a range of sporting situations. * You are interested in data and interpreting data. * You have enjoyed and done well in the KS4 ready theory from KS3 lessons. | | |
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| Possible careers/ future pathways | * Want to become a Personal Trainer or Sports Coach? * Think that physiotherapy or PE teaching might be a career choice for you?   GCSE (9–1) Physical Education is not just an excellent base for the OCR A Level in Physical Education. Beyond A Level, the study of Physical Education can lead on to university degrees in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology, teacher training and many more. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take. | | |