



Physical Education

OCR Sports Studies



Exam Board: Edexcel

This course covers both practical and theoretical aspects of PE.

Component 1: Fitness and Body Systems written exam	36%
Component 2: Health and Performance written exam	24%
Component 3: Practical Performance	30%
Component 4: Personal Exercise Programme (PEP)	10%

Theory:

Component 1:

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

Written exam, 1 hour 45 minutes. Assessed consists of multiple choice, short and extended answer writing.

Component 2:

- Health, fitness and well-being
- Sports psychology
- Socio-cultural influences
- Use of data
- Written exam, 1 hour 15 minutes. Assessed consists of multiple choice, short and extended answer writing.

Component 4:

Students will produce a Personal Exercise Programme (PEP), analysis and evaluating performance. Assessment is both written and practical.

Practical:

The practical element is worth 30%

Three activities, chosen from those already studied at Key Stage Three. The three activities must be: one team sport, one individual and one of choice.

In addition, students may opt to take a sport they do outside school such as lacrosse, at a recognised sports club. The assessment of these activities can either be completed through video evidence or teacher observation at the club. They must also be detailed on the Edexcel specific list.

Key Websites:

www.bbc.co.uk/sportacademy
www.bbc.co.uk/gcsebitesize
www.teachpe.com/gcs

www.edexcel.org.uk/qual/gcse/gcse09/pe
www.brianmac.co.uk

Controlled Assessments:

- PEP – Personal Exercise Programme – Will be completed from June 18 to Sept 18
- Year 11 Dec 2018 – Mock Exam Paper
- Year 11 March 2018 – Practical Assessment Week – Students will perform in their 3 practical sports. This is an exam and the results the students gain in this week will be the marks given for their practical score.
- Year 11 June 2018 – Theory Exams

Resources:

- Priestnall School Revision Guide on VLE
- Revision PowerPoint's on Priestnall VLE
- Past Papers on VLE
- Students can buy GCSE PE revision guide (CGP GCSE Physical Education Edexcel Specification)
- Edexcel GCSE Physical Education Student Book – By Tony Scott