

GCSE Physical Education OCR J587

Curriculum Content

| Half Term | Year 10 | | Year 11 | |
|----------------------|--|---|---|--|
| | Component 1 and 2 | Component 3 | Component 1 and 2 | Component 3 |
| Summer Year 9 | 1.1.a. The structure and function of the skeletal system. 1.1.b. The structure and function of the muscular system. 1.1.c. Movement Analysis. 1.1.e. Effects of exercise on body systems. Skeletal and muscular systems only. | NEA Baseline testing in a range of activities. | | |
| Autumn 1 | 1.1.d. The cardiovascular and respiratory systems. 1.1.e. Effects of exercise on body systems. All body systems. | Football/ Netball | 2.3 Health, fitness and well-being. | Football/ Netball |
| Autumn 2 | 1.2.a. Components of fitness. | Badminton/ Trampoline | 2.1.a. Engagement patterns of different social groups in physical activities and sports | Analysing and Evaluating Performance preparation/data collection (3-4 hours) AEP write up. Movement analysis and Skill classification (1-2 hours) Action Plan (4-5 hours) |
| Spring 1 | 1.2.b Applying the principles of training. | Basketball Table Tennis | 2.1.b Commercialisation of physical activity and sport. Mock Exam Feedback. | Badminton/Trampoline Basketball/Table Tennis |
| Spring 2 | 1.3.c. Preventing injury in physical activity. | Table Tennis | Revision | Moderation activity focus |
| Summer 1 | 2.2 Sports Psychology. | Athletics | Revision | |
| Summer 2 | Mock exam feedback and Component 3 – Summer sports. | Handball | | |

Skills

GCSE (9–1) specifications in Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Assessment

There are **THREE** assessment components to OCR's A Level in Physical Education.

TWO EXAMS: Components 1 and 2. 60% of overall GCSE PE grade.

- **Component 1: Physical factors affecting performance.** Written exam. **30%** of total GCSE
- **Component 2: Socio-cultural issues and sports psychology.** Written exam. **30%** of total GCSE
- **Component 3: Performance in physical education. Assessment in THREE practical activities**
- Analysing and Evaluating Performance (AEP). This is a written coursework (NEA) task. 40% of total GCSE.