

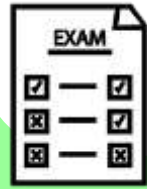


Public Examinations

There are two papers for GCSE PE., both of which are one hour fifteen minutes written.

Paper 1 covers Applied Anatomy & Physiology and Physical Training.

Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



Preparation for Examination

Revision for Paper 1 & Paper 2. Practitioner to cover topics highlighted in gap analysis to re-visit in lesson.

Sixth Form Options

This is your chance to apply for Sixth Form here at Sir Roger Manwood's School, to further your study within PE.



Practical Moderation

Some students will be chosen to be practically moderated, to confirm the accuracy of grades given.

Mock Examination

Students to sit Paper 1 & Paper 2 in January. Students to also go through a 'Mock' Practical Moderation for their 3 chosen sports.

Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in society.



Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.



Performance Analysis Coursework

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.



Diet & Nutrition

Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.



GCSE Physical Education Breakdown

Examination - 60%

Analyse & Evaluate Performance - 10%

Practical Assessment - 30%

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.

Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of performance enhancing drugs in sport and why performers take them will be taught.



End of Year 10 Exam

Learners will sit an end of year exam which will focus on Paper 1 content.



Movement Analysis

Learners will develop their knowledge and understanding in how performers move, looking at their planes and axes.



Year 11

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.

Year 10

Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement which are important to physical activity.



Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.



Aerobic & Anaerobic Exercise

Learners will develop their knowledge and understanding of how certain performers respiratory system is used with and without oxygen. Linking to Applied Anatomy and Physiology. Including how the use of oxygen can affect performers in a positive and negative way.



Short/Long Term Effects of Exercise

Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.

Your GCSE Physical Education Journey starts here ...