

## GCSE PE Information & Revision

GCSE PE is mainly a theoretical subject that shall be delivered mostly in the classroom.

It is not simply 5 more lessons of practical PE.

60% of the course is made up from 2 theory exams sat at the end of Y11

30% of the course is made up assessments in 3 different sports that must be pursued competitively. E.g., going jogging with your friends and family, while beneficial for fitness levels, won't count for as one of the assessed sports. Sports must be done in a competitive or formal environment either at school or clubs / teams.

10% of the course is made of an, 'Analysis of Performance', where students must talk all about the rules, regulations of their favourite sport while using key terminology.

### Theory

The majority of GCSE PE lessons and homework tasks will be geared towards equipping students with the knowledge necessary to be successful in the theoretical component of the course. At the end of Y11 students will sit two formal exams:

Exam 1 will cover:

- Anatomy and Physiology
- Physical Training

Exam 2 will cover:

- Sports Psychology
- Socio-cultural influences
- Health fitness and well being

### Useful PE Theory revision links and websites:

BBC Bitesize's dedicated OCR GCSE PE Revision website:

<https://www.bbc.co.uk/education/examspecs/ztrcg82>

Official OCR GCSE PE Specification which outlines everything that the students need to learn:

<http://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

### Official Revision Guides

Please purchase an official revision guide which will help your child succeed on this course. They can be bought direct from school by paying via the school website using the Parentpay link. Revision guides can then be picked up from the PE office once payment has been made.

## Practical

Students need to actively pursue, in PE lessons, by attending extra-curricular PE clubs and outside of school by attending clubs & teams, 3 different sports form the two boxes below:

### **Students MUST choose.....**

- One from the 'Individual' list
- One from the 'Team' list
- A third from either list

There are many extracurricular clubs that the PE department put on for GCSE PE students so they can work towards their 3 assessed sports. Some important clubs for GCSE PE students are:

Monday – Trampoline

Tuesday – Badminton

Thursday - Table Tennis

All after straight after school

\*For any sports done out of school, such as Equestrian or Swimming. Video evidence must be supplied in order to be assessed in this activity.

### **TEAM SPORTS**

Association football	Lacrosse
Badminton	Netball
Basketball	Rowing
Camogie	Rugby league
Cricket	Rugby union
Dance	Only one racquet sport from:
Gaelic football	Squash
Handball	Table tennis
Hockey	Tennis
Hurling	Volleyball

### **INDIVIDUAL SPORTS**

Amateur boxing	Rock climbing
Athletics	Rowing
Badminton	Sculling
Canoeing	Skiing
Cycling	Skiing
Dance	Snowboarding
Diving	Squash
Golf	Swimming
Gymnastics	Table tennis
Equestrian	Tennis
Kayaking	Trampolining