



A MOORLANDS LEARNING TRUST ACADEMY



Sport/PE

OCR

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Which courses do we run

- OCR GCSE Physical Education – J587
- OCR Cambridge National: Sports Studies Level1/level2 -J829

Both courses have the same outcome and allow students to go on to further studies in higher education, they enable each student to achieve their potential through different pathways.

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Course Structure – GCSE PE

Content Overview	Assessment Overview
<p>J587/01 Physical factors affecting performance This component will assess:</p> <ul style="list-style-type: none"> • 1.1 Applied anatomy and physiology • 1.2 Physical training 	<p>Written paper: 1 hour 30% of total GCSE (9–1) 60 marks</p> <p>This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.</p>
<p>J587/02 Socio-cultural issues and sports psychology This component will assess:</p> <ul style="list-style-type: none"> • 2.1 Socio-cultural influences • 2.2 Sports psychology • 2.3 Health, fitness and well-being. 	<p>Written paper: 1 hour 30% of total GCSE (9–1) 60 marks</p> <p>This paper consists of a mixture of objective response and multiple-choice questions, short answers and extended response items.</p>
<p>J587/04 Practical Performances This component will assess:</p> <ul style="list-style-type: none"> • Core and advanced skills in three activities taken from the approved lists: <ul style="list-style-type: none"> o one from the 'individual' list o one from the 'team' list o one other from either list. 	<p>Non-exam assessment (NEA) 30% of total GCSE (9–1) 60 marks</p> <p>This NEA will consist of three activities, including at least one 'team' and at least one 'individual' sport from the approved activity lists, all performed in competitive situations.</p>
<p>J587/05 Analysis and Evaluation of Performance This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.</p>	<p>Non-exam assessment (NEA) 10% of total GCSE (9–1) 20 marks</p> <p>This NEA will consist of a written task that must be produced under controlled conditions.</p>



Course Structure – GCSE PE

- Students will have **three lessons per week: two classroom-based lessons and one practical lesson.**
(This balance may change during the course depending on the needs of the group.)
- Students must **participate in at least one sport at a high level outside of school**—ideally more than one.
- Students must be **committed to attending extra-curricular sports activities in school** to further develop their practical skills.
- Throughout the course, students will be **taught a variety of sports**, and their **top three sports** will be used for assessment.

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Course Structure – Cambridge National: Sport studies

Unit no.	Unit title	Unit ref. no. (URN)	Guided learning hours (GLH)	How are they assessed?	Mandatory or optional
R184	Contemporary issues in sport	J/618/5942	48	E	M
R185	Performance and leadership in sports activities	L/618/5943	48	N	M
R186	Sport and the media	R/618/5944	24	N	O
R187	Increasing awareness of Outdoor and Adventurous Activities	Y/618/5945	24	N	O

Key to units for this qualification:

M = Mandatory

Students must achieve this unit

O = Optional

Students must achieve one of these units

E = External assessment

We set and mark the exam

N = NEA

You assess this and we moderate it

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Course Structure – Cambridge National: Sport studies

- Students will have **three lessons per week: two classroom-based lessons and one practical lesson.**
(This structure may be adjusted during the course depending on the needs of the group.)
- Students must **participate in at least one sport at a high level outside of school—**preferably more than one.
- Students will **learn an additional sport in school** to ensure they meet the criteria required for the practical sport unit.
- Apart from the examined unit, **all other units are coursework-based**, allowing students time to reflect on their work and make improvements.

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Course Structure – Individual and Team Sports

 Team Activities		 Individual Activities	
<ul style="list-style-type: none"> • Association football • Badminton • Basketball • Cricket • Dance (team/group only, not individual) • Gaelic football • Handball • Hockey (field only) • Hurling Lacrosse • Netball • Rowing (not sculling, canoeing, kayaking) • Rugby league (not union/sevens/tag) 	<ul style="list-style-type: none"> • Rugby union (sevens or 15-a-side only; not league/tag) • Squash (doubles) • Table tennis (doubles) • Tennis (doubles) • Volleyball • Specialist wheelchair/blind sports: Blind cricket, Goalball, Powerchair football, Table cricket, Wheelchair basketball, Wheelchair rugby 	<ul style="list-style-type: none"> • Amateur boxing • Athletics (track & field) • Badminton (singles) • Canoeing (not kayaking/rowing/sculling) • Cycling (track or road) • Dance (solo routine only) • Diving (platform) • Equestrian • Golf • Gymnastics (floor & apparatus) 	<ul style="list-style-type: none"> • Kayaking (not canoeing/rowing/sculling) • Rock climbing • Sculling (not rowing/canoeing/kayaking) • Skiing • Squash (singles) • Snowboarding • Swimming • Table tennis (singles) • Tennis (singles) • Trampolining • Boccia • Polybat

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Moving forward

Where PE Can Take You?

- GCSE PE and Cambridge National Sport Studies are strong foundations for **A Level PE, CTech Sport** and **beyond**.
- Great preparation for **psychology** and supports **science pathways** such as medicine and physiotherapy.
- Leads to **university courses** in sports science, sports management, healthcare and exercise & health.
- Complements subjects like **biology, physics, psychology, nutrition, sociology** and **teacher training**.
- **Builds transferable skills** such as decision-making, problem-solving and independent thinking—valuable in any career.

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**If you need any further information, please
do not hesitate to contact me**

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