



OBHS KS4 Subject Information

(Option subjects)

Title of Course:

GCSE Physical Education (PE)

Cambridge National – Sports Studies L1-2

Head of Faculty: Ms Jo Cook



Course Overview

Be the best we can be

Why study Physical Education subjects?

Studying Physical Education can lead into exciting careers such as elite sports, Physiotherapy, Nutrition, coaching, fitness and personal coaching. You will also develop skills that are welcomed by employers of all disciplines.

Many aspects of PE entails working in teams towards a common goal. Through playing team sports and problem solving with others, you'll develop clear communication skills that will help you in the workplace. Employers look for candidates who can communicate verbally and in writing.

Physical Education is a very social subject and can involve a lot of group work. You'll learn how to communicate with people in an effective way. In your studies you will encounter people from a range of different backgrounds, each with different personalities and skills. PE will help you learn how to best communicate with people in a team in order to produce the best results.

The rigor of the written parts of the course will also give you academic skills that will support your studies in further education.



Course Overview

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Examination and Assessment: Edexcel GCSE PE

Component 1: Fitness and Body Systems (*Component code: 1PE0/01)
Written examination: 1 hour and 45 minutes
36% of the qualification
90 marks
Content overview
<ul style="list-style-type: none">• Topic 1: Applied anatomy and physiology• Topic 2: Movement analysis• Topic 3: Physical training• Topic 4: Use of data
Assessment overview
The assessment consists of multiple-choice, short-answer, and extended writing questions. Students must answer all questions.
Calculators may be used in the examination. Information on the use of calculators during the examinations for this qualification can be found in <i>Appendix 7: Calculators</i> .

Component 2: Health and Performance (*Component code: 1PE0/02)
Written examination: 1 hour and 15 minutes
24% of the qualification
70 marks
Content overview
<ul style="list-style-type: none">• Topic 1: Health, fitness and wellbeing• Topic 2: Sport psychology• Topic 3: Socio-cultural influences• Topic 4: Use of data
Assessment overview
The assessment consists of multiple-choice, short-answer, and extended writing questions. Students must answer all questions.
Calculators may be used in the examination. Information on the use of calculators during the examinations for this qualification can be found in <i>Appendix 7: Calculators</i> .

Component 3: Practical Performance (*Component code: 1PE0/03)
Non-examined assessment: internally marked and externally moderated
30% of the qualification
105 marks (35 marks per activity)
Content overview
<ul style="list-style-type: none">• Skills during individual and team activities• General performance skills
Assessment overview
The assessment consists of students completing three physical activities from a set list. One must be a team activity. One must be an individual activity. The final activity can be a free choice. Students must participate in three separate activities. Students will be assessed against set assessment criteria found in the <i>Pearson Edexcel Level 1/Level 2 GCSE (9-1) in Physical Education practical performance assessment criteria</i> document on our website. Each activity can last up to 12 hours. These will be assessed by the teacher and moderated by Pearson.

Component 4: Personal Exercise Programme (PEP) (*Component code: 1PE0/04)
Non-examined assessment: internally marked and externally moderated
10% of the qualification
20 marks
Content overview
<ul style="list-style-type: none">• Aim and planning analysis• Carrying out and monitoring the PEP• Evaluation of the PEP
Assessment overview
The assessment consists of students producing a Personal Exercise Programme (PEP), and will require students to analyse and evaluate their performance. These will be assessed by the teacher and moderated by Pearson.



Course Overview

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Examination and Assessment:

Sport Studies Units	Assessment method	GLH	J803 Award 60 GLH	J813 Certificate 120GLH
Mandatory				
R051: <i>Contemporary issues in sport</i>	Written paper OCR set and marked 1 hour – 60 marks (60 UMS) Learners answer all questions	30	M	M
R052: <i>Developing sports skills</i>	Centre-assessed tasks OCR-moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks	30	M	M
Optional				
R053: <i>Sports leadership</i>	Centre-assessed tasks OCR-moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks	30	n/a	O
R054: <i>Sport and the media</i>	Centre-assessed tasks OCR-moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks	30	n/a	O
R055: <i>Working in the sports industry</i>	Centre-assessed tasks OCR-moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks	30	n/a	O
R056: <i>Developing knowledge and skills in outdoor activities</i>	Centre-assessed tasks OCR-moderated 60 marks (60 UMS) Learners should spend approximately 10 hours on the assessment tasks	30	n/a	O
Key: M = mandatory unit O = optional unit				

There are two mandatory units comprising of contemporary issues in sport and developing sports skills.

Further units are studied according to the level of qualification required.



OLD BUCKENHAM
HIGH SCHOOL

Course Overview

More information

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[Edexcel GCSE and GCE 2014 \(pearson.com\)](http://pearson.com)

[Cambridge Nationals in Sport \(ocr.org.uk\)](http://ocr.org.uk)