



LODE HEATH PHYSICAL EDUCATION DEPARTMENT



GCSE PE

What does it consist of?

- 2 lessons of theory and 1 practical lesson a week.
- Two exams and 1 coursework assignment
- You will be assessed in 3 sports. One team sport, one individual sport and one either team or individual.

The link to the list of sports that you can be assessed in is below: [OCR GCSE \(9-1\) Physical Education J587 Guide to Non-exam Assessment \(NEA\) - Version 1.4 \(July 2020\)](#)

What content will this course cover?

- **Exam 1** is worth 30% of the course. It will look at the physical factors affecting performance. This is a 1 hour exam worth 60 marks. You will study anatomy, physiology and the principles of training.
- **Exam 2** is worth 30% of the course. It will look at the socio-cultural issues and sports psychology. This is a 1 hour exam marked out of 60. You will study socio-cultural influences, psychology, health, fitness and well-being.
- **Practical performance** is worth 30% of the course. You will be assessed in 3 sports, each sport is worth 10% of the grade. You will be assessed in one team sport, another individual or team sport.
- **Coursework** this is worth 10% of the total grade. You will analyse and evaluate a partner's badminton performance.

Specification link:

[GCSE - Physical Education \(9-1\) - J587 \(from 2016\)](#)
[- OCR](#)

Recommendations

- Students must take part in at least one sport competitively outside of school.
 - Students will need to attend after school clubs.
- We recommend that students have an interest in Science.



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Which course should my child pick?

- GCSE PE is more exam based
- You should play at least one sport to a high standard outside of school.

It involves more anatomy and physiology content and looks in detail at the effect of exercise on the human body.