

GCSE PE



What to expect over the next 2 years

Course Outline

Theory

- 7 Units
- 2 Exams
- 156 Marks

Coursework – Performance analysis

- 25 Marks
- Strengths / Weaknesses / Evaluation

Practical

- 3 Sports
- 10 Marks (Skills)
- 15 Marks (Full context – game play)
- 1 Team
- 1 Individual
- 75 Marks

Theory Units

1 - Anatomy & Physiology

US gymnast Ragan Smith and basketball player DeAndre Jordan proving that athletes come in all shapes and sizes!



1 - Anatomy & Physiology

Muscular & Skeletal Systems



The Cardiovascular & Respiratory Systems



Aerobic and Anaerobic Exercise



Effects of Exercise on the Body

2 – Movement Analysis

TEAM GB Athlete Greg Rutherford needs to be able to analyse his jumps so he can improve each time.



2 – Movement Analysis

Lever systems



Basic Movements



Planes of movement



3- Physical Training

Laura Trott, the most decorated GB female olympian in history with 4 gold medals, working hard in training



3 - Physical Training



Components
of Fitness



Principles of
Training



Fitness
Testing



Preventing
Injury

4 - Sport Psychology

Tom Daley struggling to hide his disappointment at failing to qualify for the 10m final, proving that sometimes the mind plays terrible games with the body



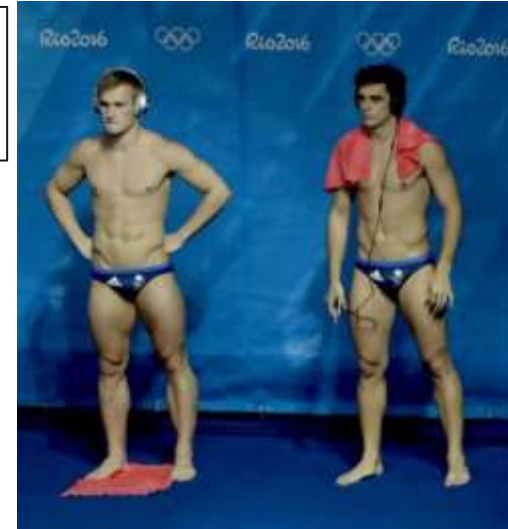
5 - Sport Psychology

Skill Classification



Goal Setting

Mental Preparation



Guidance & Feedback



5 - Socio-cultural Influences

Neymar, the poster boy of the Olympics for the Brazilian people, celebrating following his winning penalty surrounded by media crews



6 - Socio-cultural Influences



Participation in Sport

Commercialisation of Sport



Drugs in Sport



Ethical Issues in Sport



6 - Health, Fitness & Well-being

Mo Farah as a picture of happiness following his 5000m gold medal run. Maybe it is all down to all that Quorn he claims to eat?



6 - Health, Fitness & Well-being



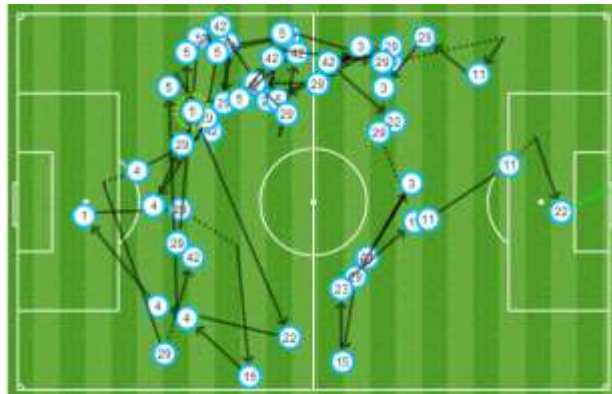
Health, Fitness &
Well-being

Diet & Nutrition



Use of data

In order to understand performances you must be able to demonstrate an understanding on how data is collected and presented.



Practical Sports

Individual Sports

Must have at least 1 from this list

Individual Activity	Restrictions and allowances	Page
Amateur boxing		51
Athletics		52
Badminton	Cannot be assessed with doubles.	19
Boccia		54
Canoeing		55
Cycling	Track or road cycling only.	56
Dance	Cannot be used as both a Team and Individual activity.	24
Diving	Platform diving.	57
Equestrian		59
Golf		61
Gymnastics		62
Kayaking	Cannot be assessed with sculling, canoeing or rowing.	65
Polybat		66
Rock climbing	Can be indoor or outdoor.	67
Sculling	Cannot be assessed with kayaking, canoeing or rowing.	68
Skiing	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with snowboarding.	69
Snowboarding	Must take place on snow, but can be indoor or outdoor. Cannot be assessed with skiing.	70
Squash	Cannot be assessed with doubles.	42
Swimming	Cannot be synchronised.	71
Table Tennis	Cannot be assessed with doubles.	44
Tennis	Cannot be assessed with doubles.	45
Trampolining		72

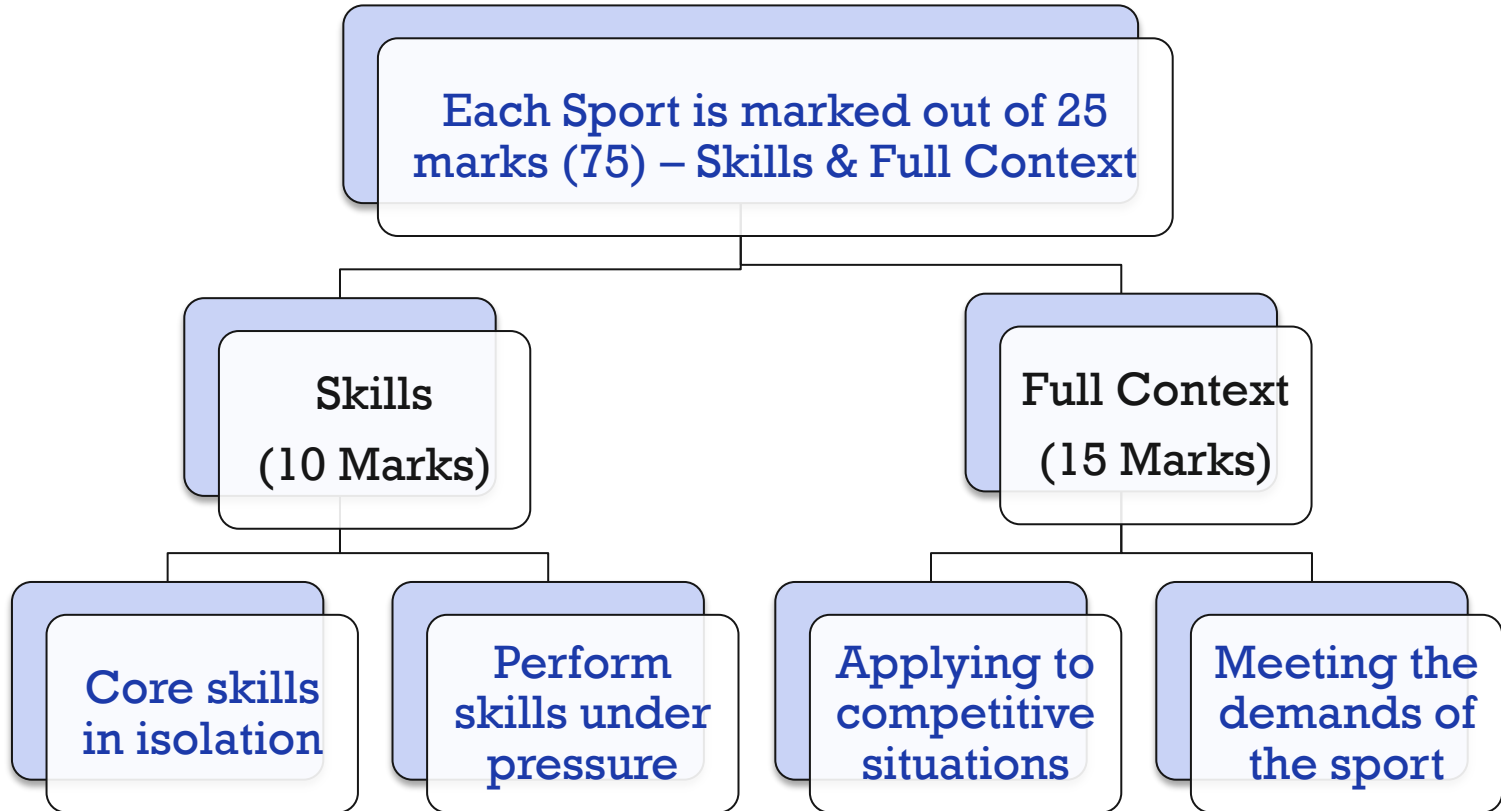
Team Sports

Must have at least 1 from this list

Team Activity	Restrictions and allowances	Page
Association football	Cannot be five-a-side or futsal.	17
Badminton	Cannot be assessed with singles.	19
Basketball		20
Blind cricket		21
Camogie	Cannot be assessed with hurling.	22
Cricket		23
Dance	Cannot be used as both a Team and Individual activity.	24
Gaelic football		26
Goal ball		28
Handball		29
Hockey	Field Hockey only – no ice or roller hockey.	30
Hurling	Cannot be assessed with camogie.	32
Lacrosse		33
Netball		35
Powerchair football		36
Rowing	Cannot be assessed with sculling, canoeing or kayaking. Cannot be used as both a Team and Individual activity.	37
Rugby League	Cannot be tag rugby. Cannot be assessed with Sevens or Union.	38
Rugby Union	Can be assessed as sevens or fifteen a side. Cannot be tag rugby. Cannot be assessed with Rugby League.	40
Squash	Cannot be assessed with singles.	42
Table cricket		43
Table tennis	Cannot be assessed with singles.	44
Tennis	Cannot be assessed with singles.	45
Volleyball		46
Wheelchair basketball		47
Wheelchair rugby		48

How am I assessed?

Practical Sport Marks



Performance analysis assessment

(Analysis and Evaluation 25 marks)

Analysis and Evaluation 25 marks

Choose one sport
from from the
specification



Identify two
strengths and two
weaknesses



Produce an
action plan to
improve the two
weaknesses