


Year 10 Ace Your Exams

GCSE PE





COURSE OVERVIEW

GCSE P.E looks into the how and why of physical activity and sport, engaging the students in a range of sporting concepts.

The students will cover theory content to include:

Applied Anatomy and Physiology, Physical Training, Sports Psychology, Socio-cultural Influences and Health, Fitness and Wellbeing.

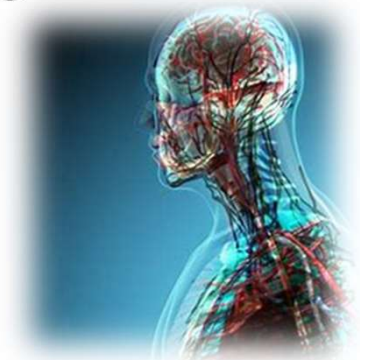
Alongside the theoretical content they have the chance to perform in a range of sports to find their best 3.

COMPONENT 1 (EXAM PAPER 1)

Physical factors affecting performance

Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training.

They also develop skills in data analysis, and gain an understanding of the principles of training, why we train in different ways and how training plans can be made to get the best results.



COMPONENT 2 (EXAM PAPER 2)

Socio-cultural issues and sports psychology

Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

There are three topics: Socio-cultural influences, Sports psychology and Health, fitness and well-being.



PRACTICAL

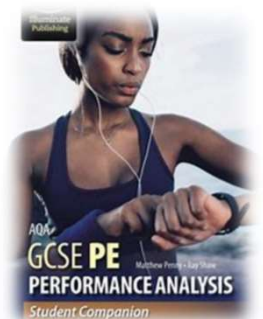
Students are assessed in a range of sports throughout Year 10 and 11 by their teachers. They will then have 3 sports selected as their best performing activities which will count towards their final grades.

In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.



ANALYSIS AND EVALUATION OF PERFORMANCE- COURSEWORK

Students are required to demonstrate their ability to analyse and evaluate their own or a peers practical performance to produce an action plan for improvement. They will spend time in a computer room planning and completing their coursework.



ASSESSMENT

TWO 1 hour EXAMS 60% of Final Grade- These exams will be taken in Year 11

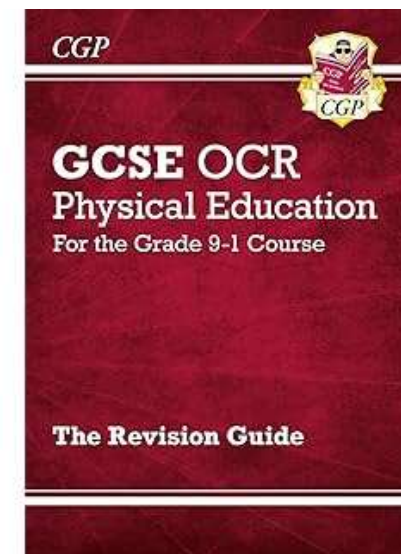
PRACTICAL PERFORMANCE 30% of final Grade – Throughout the two years you will be aiming to improve your skills in a range of sports

COURSE WORK (AEP) 10% Of Final Grade. You will take a Controlled assessment in Year 10 working in exam conditions writing about your chosen sport.



SUPPORT

- Purchase a revision guide. They provide clear notes with some useful pointers on how to approach the exams. Some come with a workbook you can purchase to allow exam practice. The Exam board we cover is **OCR** so make sure it one that is OCR specific.





FURTHER SUPPORT

- Keep encouraging them to play a sport outside of school or join a club in school to develop skills/ tactics and knowledge of the activity.
- Keep recapping the content with them as they go through the course using their notes. This should be at regular intervals. Assist them in their revision techniques. Avoid just reading notes,
- Do have regular conversations surrounding the content of the course to allow them to apply it to the wider world of sport
- Do encourage them to use specialist terminology. Use the glossary from revision books or create your own.
- Do encourage them to continue to use SENECA app