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Year 9 Curriculum Information Evening

Subject:
GCSE PE

Subject Leader:
Mr Williams
(2020 – 2021)

Mrs Heighway

What you will learn

The GCSE PE course is an excellent starting point for those students wanting to pursue their interest in PE and sport.

It enhances student knowledge, understanding and appreciation in a wide variety of issues to do with sport and prepares them thoroughly for the A-Level PE or BTEC Sport in the 6th Form, and even university, should they choose to pursue their interest in this huge and diverse area.

The course is divided into 3 main sections:

The Theory of Physical Education

(which contributes 60% towards the final grade achieved)

Performance in Physical Education

(contributing 30% towards the final grade)

Personal Exercise Programme

(contributing 10% towards the final grade)

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What you will learn

The theory of PE (Exam)

In **paper one** you will explore topics such as the following under the following titles:

PAPER ONE (1 hour 45 minutes)												
TOPIC	Applied anatomy and physiology	Movement analysis	Types of Exercise	Energy Sources	Long & Short Term Effects of Exercise	Lever Systems	Planes & Axis of Movement	Health & Skill Related Components of Fitness	Training	Injuries	Performance Enhancing Drugs	Warm ups & Cool Downs
WHAT WILL BE EXPLORED	You will explore the components of the Musculoskeletal system, Cardiovascular System & Respiratory System	You will explore muscles, planes, axes & joints used in different sporting movements	The differences between the following will be explored: Aerobic Exercise & Anaerobic Exercise	How Fats, Carbohydrates contribute to energy	In the: Musculoskeletal system, Cardiovascular System & Respiratory Systems	You will explore First class Lever systems Second Class Lever Systems Third Class Lever Systems & Mechanical Disadvantages	You will explore when each plane and axis is used and travelled through during specific sporting performances	You will explore: Impact on performances in different sports How to test each component	Principles of Training Training Thresholds Methods of Training	You will explore: Types of Injuries Prevention Methods	You will explore: 6 performance enhancing drugs What each drug does Sports people who may be tempted take them Side effects of each drug The Legality of each drug	You will explore: The importance of these and how to conduct them effectively

What you will learn

The theory of PE (Exam)

In **paper two** you will explore topics such as the following under the following titles:

PAPER TWO (1 hour 15 minutes)									
TOPIC	Health	Impact of Lifestyle Choices	Consequences of a sedentary Lifestyle	Diet & Nutrition	Factors Affecting Optimum Weight	Sports Psychology	Socio-Cultural influences	Commercialisation in Sport	Sportsman ship & Gamesman ship
What you will explore	<p>You will explore:</p> <p>What contributes to health</p> <p>You will explore the Physical, Social & Emotional benefits of health</p>	<p>You will explore:</p> <p>The impact of Smoking, Alcohol, Activity Level, & Diet etc</p> <p>on health & performance in sport</p>	<p>You will explore:</p> <p>The 7 consequences will be explored including</p> <p>Coronary Heart Disease, Osteoporosis etc</p>	<p>You will explore:</p> <p>Components of a balanced diet</p> <p>The importance of hydration & nutrients</p>	<p>You will explore:</p> <p>The factors affecting optimum weight will be explored</p>	<p>Classification of skills</p> <p>Types of Practices</p> <p>Goal setting</p> <p>Types of Guidance & Feedback</p> <p>Mental Rehearsal</p>	<p>You will explore:</p> <p>Engagement patterns of different social groups in sport</p>	<p>You will explore:</p> <p>Advantages & Disadvantages of commercialisation</p> <p>Influences of Media</p>	<p>You explore:</p> <p>lots of examples of these – using up to date and relevant examples</p>

How you will be assessed

Assessment in this course takes place in the following ways:

1. **Practical assessments** in a variety of sports against GCSE grading criteria, with the results of your **best 3 sports being put forward** towards your final result. You will need to perform in **both individual and team sports**.

(This contributes 30% towards the final grade.)

2. Through the *creation, implementation and evaluation* of a **Personal Exercise Programme (P.E.P)** to improve your own level of fitness for your chosen sport.

(This contributes 10% towards the final grade.)

3. The **theory of PE** is assessed through **two examinations** at the end of the course. You will be challenged with short answer questions, as well as extended questions where the quality of your written communication is also important.

(This contributes 60% towards the final grade achieved.)

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How you will be assessed

The theory of PE (via TWO Examinations)

Science-based exams with some health and fitness aspects also covered.

Fitness & Body Systems Exam:

1 hour 45 minutes

Health & Performance Exam:

1 hour 15 minutes

60% of final grade

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How you will be assessed Practically

Practical Activities

- You will be assessed in a **range of different sports**.
- Your **three best marks** will be used by the exam board.
- You must have **at least one team sport** and **one individual sport** in your **three sports**.
 - Contributes **30% of your final grade**.
- **10%** coursework – Personal Exercise Programme
You will be asked to create, implement and evaluate the success of the training programme you create specifically for yourself and the demands of your chosen sport, based on the result you obtain in your initial fitness assessments.

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Why study GCSE PE

GCSE PE:

GCSE PE is a must for any student with a passion for Sport and exercise. The topics learned will give you the tools and knowledge you need to lead a healthy and active life after school if you choose to.

The course also explores modern topics in sport always using recent examples which you will be able to relate to.

GCSE PE is also a fantastic start if you are choosing to do A Level PE or BTEC National Post 16 as most of the topics explored are then explored in greater detail in these courses.

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Post 16 Opportunities

The GCSE PE course provides an excellent foundation for students wanting to study PE at **A-Level** and go on to pursue careers in ***PE teaching, Physiotherapy, Sports Medicine, Sports Science and Sports Psychology.***

This course also provides the option for students to progress onto the **BTEC National in Sport** course in the 6th form.

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Important Considerations before you choose to study GCSE PE

GCSE PE:

- You MUST be good in AT LEAST three sports!
- You SHOULD be playing regularly for teams and clubs!
- Behaviour of the highest standard
- Are you able to retain and recall information?
- Are you confident in Science?
- Are you comfortable in exams?
 - If you do not play sport regularly you will struggle with this course!

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Questions

