

PHYSICAL EDUCATION

The aim of the course is to provide pupils with opportunities to lead a healthy and active lifestyle by improving their understanding of sports through studying theoretical content and developing skills of planning, performing and evaluating physical activity. It provides a foundation for A Level study in Physical Education and Sport.

Course Outline

Subject content

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sports Psychology
- Socio-cultural influences
- Health, fitness and well-being

Assessments

Paper 1: The human body and movement in physical activity and sport

- Written examination
- 1 hour 15 minutes
- 78 marks
- 30% of GCSE

What is assessed?

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2: Socio-cultural influences and wellbeing in physical activity and sport

- Written examination
- 1 hour 15 minutes
- 78 marks
- 30% of GCSE

What is assessed?

- Sports psychology
- Socio-cultural influences
- Health, fitness and wellbeing
- Use of data

Questions

All questions are compulsory and a mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

1. **Applied anatomy and physiology:** develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.
3. **Physical training:** develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.
4. **Use of data:** develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.
5. **Sports Psychology:** develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport.
6. **Socio-cultural influences:** develop knowledge and understanding of the social-cultural factors that impact on physical activity and sport and the impact of sport on society.
7. **Health, fitness and well-being:** develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and well-being.

PHYSICAL EDUCATION

Non-examination assessment: Practical performance in physical activity and sport.

What is assessed?

- Practical performance in three different physical activities in the role of player/performer.
- Analysis and evaluation of performance to bring about improvement in one activity.

How is it assessed?

- Assessed by teachers
- Moderated by AQA
- 100 marks
- 40% GCSE

For each of their three activities, pupils will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).

Pupils will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity; this is a piece of written coursework. Each of the activities are worth 10% (total 30%) and the coursework is worth 10% to reach the 40% total.

For the practical aspect, candidates must undertake one team activity, one individual activity and a third in either a team or in an individual activity.

Team Activities

- Acrobatic Gymnastics – cannot be assessed with gymnastics
- Association Football – cannot be five-a-side or futsal
- Badminton – cannot be assessed with singles
- Basketball
- Camogie – cannot be assessed with hurling
- Cricket
- Dance – this can only be used for one activity

- Figure Skating – this can only be used for one activity. Cannot be assessed with dance
- Futsal – cannot be assessed with football
- Gaelic Football
- Handball
- Hockey – must be field hockey
- Hurling – cannot be assessed with camogie
- Ice Hockey – cannot be assessed with inline roller hockey
- Inline Roller Hockey – cannot be assessed with ice hockey
- Lacrosse
- Netball
- Rowing – cannot be assessed with sculling, canoeing or kayaking
- Rugby League – cannot be assessed with rugby league (sevens or fifteen a side). Cannot be tag rugby
- Rugby Union – Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league. Cannot be tag rugby. This can only be used for one activity
- Sailing – Royal Yachting Association recognised sailing boat classes only. View the Royal Yachting Association list. This can only be used for one activity. Students must perform as helmsman
- Sculling – cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with individual sculling
- Squash – cannot be assessed with singles
- Table Tennis – cannot be assessed with singles
- Tennis – cannot be assessed with singles
- Volleyball
- Water polo

Individual Activities

- Amateur Boxing
- Athletics – long distance running must not exceed 5,000 metres
- Badminton – cannot be assessed with doubles
- Canoeing – cannot be assessed with kayaking, rowing or sculling
- Cycling – track, road or BMX (racing, not tricks) only

PHYSICAL EDUCATION

- Dance – this can only be used for one activity
- Diving – platform diving
- Equestrian
- Figure Skating – this can only be used for one activity. Cannot be assessed with dance
- Golf
- Gymnastics – floor routines and apparatus only
- Kayaking – cannot be assessed with canoeing, rowing or sculling
- Rock Climbing – can be indoor or outdoor
- Sailing – Royal Yachting Association recognised sailing boat classes only. View the Royal Yachting Association list. This can only be used for one activity. Students must perform as helmsman
- Sculling – cannot be assessed with rowing, canoeing or kayaking. Cannot be assessed with team sculling
- Skiing – outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
- Snowboarding – outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
- Squash – cannot be assessed with doubles
- Swimming – not synchronised swimming, personal survival or life saving
- Table Tennis – cannot be assessed with doubles
- Tennis – cannot be assessed with doubles
- Trampolining
- Windsurfing

Candidates **MUST** select one from each group and then have one additional activity.

For those activities that cannot be shown at School video evidence **MUST** be provided. For all activities the performer should be showing themselves playing at the highest level possible; often this may be for an out of school organisation. If this is the situation then video evidence is strongly recommended.

Miss C S Irvin
Head of Academic PE