

## **OCR GCSE PHYSICAL EDUCATION**

J587 – Link to Website is [here](#)

### **Content and Assessment Overviews**

Applied anatomy and physiology Physical training	<b>Physical factors affecting performance (01)</b>  60 marks  1 hour  Written paper	30% of total GCSE
Socio- cultural influences Sports Psychology Health, fitness and well-being	<b>Socio- cultural issues and sports psychology (02)</b>  60 marks  1 hour  Written paper	—  30% of total GCSE
Practical activity assessment  Analysing and Evaluating  Performance (AEP)	<b>Performance in physical Education (03)</b>  80 marks  Non- exam assessment  (NEA)	—  40% of total GCSE

All components include synoptic assessment.

Students who are retaking a qualification may carry forward their result for the non-exam assessment.

Students must complete all components (01, 02 and 03) to be awarded the OCR GCSE in Physical Education.

### **Content overview**

#### **Component 01: 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 an understanding of the principles of training,

why we train in different ways and how training plans can be made to optimise results.

There are two topics:

- Applied anatomy and physiology
- Physical training.

### **Component 02: 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
- Health, fitness and well-being.

### **Component 03: Performance in physical education**

Students are assessed in performing three practical activities and one performance analysis task. 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. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement.

***All GCSE pupils are expected to develop the practical side of the subject by attending extra-curricular activities, clubs and aspiring to represent AGCTS in school teams. Pupils should be a member of a club or organisation outside of school in at least one sporting activity that is on the specification.***

***This subject leads to A level PE and Cambridge Technical Level 3 Sport at ag6.***