



**Stretford**  
Grammar School  
*Aspirat primo fortuna labori*

# Physical Education

# COURSE OUTLINE

60% THEORY  
40% PRACTICAL



# COURSE OUTLINE

5 LESSONS GCSE PE/FORTNIGHT

YEAR 10: 3 THEORY LESSONS, 2 PRACTICAL LESSONS

YEAR 11: 3 THEORY LESSONS, 2 PRACTICAL LESSON



# COURSE OUTLINE – THEORY ELEMENT

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

What's assessed

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

How it's assessed

Written exam: 1 hour 15 minutes, 78 marks

30% of GCSE

Questions

Answer all questions.

A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

- **Paper 2: Socio-cultural influences and well-being in physical activity and sport**

What's assessed

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

How it's assessed

Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Questions

Answer all questions.

A mixture of multiple choice/objective test questions, short answer questions and extended answer questions.

# THEORY CONTENT – PAPER 1

## APPLIED ANATOMY AND PHYSIOLOGY

- The structure and functions of the musculoskeletal system
- The structure and function of the cardio-respiratory system
- Anaerobic and aerobic exercise
- The short and long term effects of exercise

## MOVEMENT ANALYSIS

- Lever systems
- Planes and axes

## PHYSICAL TRAINING

- The relationship between health and fitness
- The components of fitness and measuring fitness
- The principles of training
- Optimising training
- Effective use of warm ups

## USE OF DATA

- Demonstrate an understanding of how data is collected



# THEORY CONTENT – PAPER 2

## SPORTS PSYCHOLOGY

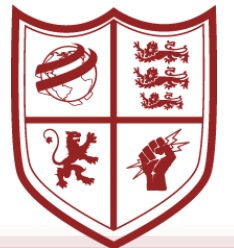
- Classifications of skill
- Use of goal setting and SMART targets
- Basic information processing
- Guidance and feedback
- Mental preparation for performance

## SOCIO-CULTURAL INFLUENCES

- Engagement patterns for different social groups
- Commercialisation of sport
- Ethical issues

## HEALTH FITNESS AND WELL-BEING

- Physical, emotional and social health
- Consequences of sedentary lifestyle
- Energy use, diet, nutrition and hydration



# COURSE OUTLINE – PRACTICAL ELEMENT

- For each of their three activities, students will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).
- Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.



# COURSE OUTLINE - PRACTICAL

ACTIVITY 1 MARKED OUT OF 25 - 10% OF GCSE

Eg Netball (team game)

ACTIVITY 2 MARKED OUT OF 25 - 10% OF GCSE

Eg Hockey (team game)

ACTIVITY 3 MARKED OUT OF 25 - 10% OF GCSE

Eg Badminton (individual game)

A and E MARKED OUT OF 25 - 10% OF GCSE

A & E of own performance in Hockey



# COURSE OUTLINE - PRACTICAL

From the following lists, students need to complete either 2 team sports & 1 individual sport

OR

2 INDIVIDUAL sports and 1 TEAM sport.

Plus and Analysis and Evaluation (written) of 1 sport from the lists on the following slides.



# Activities to choose from.

	Team Activity
Gaelic football	Association football
Handball	Badminton (doubles)
Field Hockey.	Basketball
Hurling	Camogie
Lacrosse	Cricket
Netball	Dance (group)
Rowing	Squash (doubles)
Rugby League	Table tennis (doubles)
Tennis (doubles)	Volleyball
Rugby Union	Water Polo



# Individual Activities

Individual Activities	
Amateur boxing	Athletics
Badminton	Canoeing/kayaking (slalom)
Canoeing/kayaking (sprint).	Cycling Track or road cycling only
Dance Diving Platform	Gymnastics (artistic)
Golf	Equestrian
Gymnastics	Sculling
Rock climbing	Skiing Outdoor/indoor on snow.
Table tennis	Tennis
Trampolining	Swimming
Squash	Snowboarding

