GCSE PE
Learning Journey at Hurstmere School

EXAMINATIONS

Paper 1: Applied Anatomy & Physiology and Physical Training.
Paper 2: Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being



GCSE PE External Moderation



Mock Exams

GCSE PE: NEA Coursework hand in

SUBMIT

10. PHYSICAL ACTIVITY & PARTICIPATION
Students will understand factors affecting participation and strategies to promote physical activity across different groups in society.

9. SPORTS PSYCHOLOGY
Students will understand skill classification, goal setting, guidance, feedback and the psychological factors affecting performance.



Football Practical

6. HEALTH, FITNESS & WELL-BEING
Students will understand physical, emotional and social benefits of activity, the relationship between health and fitness, and the consequences of a sedentary lifestyle.

End of Year 10 Exams



11



Mock Exams

GCSE PE: NEA Coursework

Athletics Practical



7. DIET & NUTRITION
Students will understand energy balance, the components of a balanced diet, and how nutrition and hydration affect sporting performance.

8. ETHICAL & SOCIO-CULTURAL ISSUES
Students will understand sportsmanship, gamesmanship, deviance, drugs and violence in sport, alongside commercialisation, sponsorship and the media.



Volleyball Practical



Badminton Practical

Participation in core PE lessons

5. EFFECTS OF EXERCISE
Students will understand the immediate, short-term and long-term effects of exercise on the body and how these affect fitness and performance.

4. MOVEMENT ANALYSIS
Students will understand levers, mechanical advantage, planes and axes of movement, and apply these principles to sporting actions.

3. ANATOMY & PHYSIOLOGY
Students will develop knowledge of the skeletal, muscular, cardiovascular and respiratory systems, including how these systems support physical activity.



Table Tennis Practical

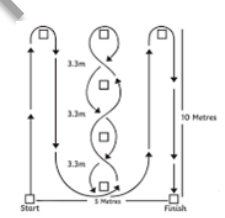




Football Practical

1. PHYSICAL TRAINING / TRAINING METHODS
Students will develop their knowledge and understanding of the components of fitness required for practical activities and how each can be measured. Be able to apply principles of training to different types of training and prevent injury

2. FITNESS TESTING
Student's complete fitness tests for each of the components of fitness.



Refine skills in core PE lessons

10

GCSE PHYSICAL EDUCATION BREAKDOWN

Examination – 60%

Practical Assessment – 30%

Analyse and Evaluate Performance – 10%

PRACTICAL ASSESSMENT – 30%

For GCSE PE, you will need to select **THREE** sports, with a maximum of two from either the Individual or Team category.

You will need to keep a competitive logbook of all the events that you do within your chosen sports. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

The List of available sports and more information can be found on the website.

ANALYSE AND EVALUATE PERFORMANCE – 10%

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity
- Evaluate the strengths and weaknesses of the performance and components of fitness
- Produce an effective action plan which aims to improve the quality and effectiveness of the performance

Respect • Teamwork • Resilience • Ambition • Integrity • Leadership • Self-Belief