



# Physical Education GCSE & Sport Studies



We are part of...

## GCSE PE Specification

The GCSE PE specification is broken down into the following:

Component 1 – Physical factors affecting performance - 30%

Component 2 – Socio-cultural issues and sports psychology -30%

Component 3 – Practical performance - 30%

Component 4 – Analysing and Evaluating Performance (AEP) – 10%

## Course overview

Y10		Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	Jun	Jul	
	<u>Theory</u> 3 lessons per fortnight	Examination content											
	<u>Practical</u> 2 lessons per fortnight	Range of activities to find best sports								Coursework			

## Course overview

Y11		Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	Jun	Jul
	<u>Theory</u> 3 lessons per fortnight	Examination content									<b>Exam</b>	
	<u>Practical</u> 2 lessons per fortnight	Opportunity to improve coursework and practical marks			Final practical grades Moderation		Examination content					

## Component 1 – Physical factors affecting performance - 60 marks

Written examination in June 2025 (1 hour)

This equates to 30% of the final grade

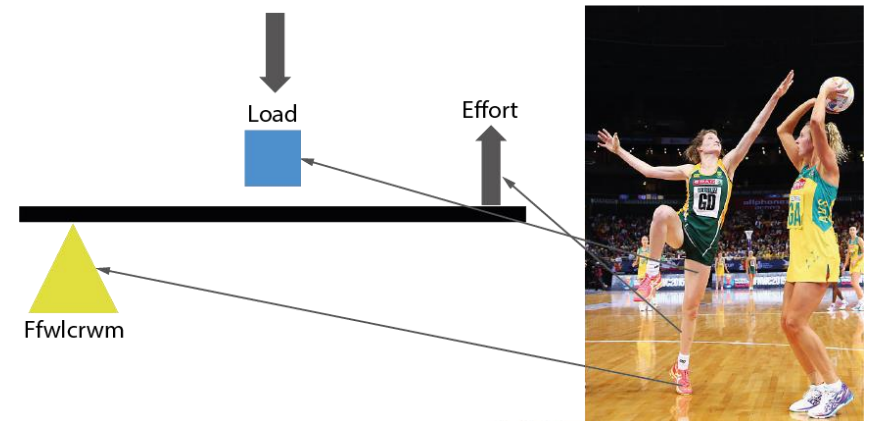
Content overview

Topic 1 – Applied anatomy and physiology

Topic 2 – Movement analysis

Topic 3 – Physical training

Topic 4 – Use of data



## Component 2 – Socio-cultural issues and sports psychology - 60 marks

Written examination in June 2025 (1 hour)

This equates to 30% of the final grade

Content overview

Topic 1 – Health, fitness and well-being

Topic 2 – Sport psychology

Topic 3 – Socio-cultural influences

Topic 4 – Use of data



## Component 3 – Practical performance - 60 marks

Practical examinations in **three** different sports/activities.

This equates to 30% of the final grade

Assessment overview

Activity 1 – Team activity (20 marks)

- Activity 2 – Individual activity (20 marks)
- Activity 3 - Free choice (20 marks)

## Component 4 – Analysing and Evaluating Performance (AEP) – 20 marks

This is the coursework component and equates to 10% of the final GCSE grade.

The purpose of this component is to:

1. Analyse aspects of personal performance in a practical activity
2. Evaluate the strengths and weaknesses of that performance
3. Produce an action plan which aims to improve the quality and effectiveness of that performance.



## Sport Studies Specification

The Sport Studies specification is broken down into the following:

R184 – Contemporary issues in sport

R185 – Performance and leadership in sports activities

R187 – Increasing awareness of outdoor and adventurous activities

## Sport Studies Course overview

Y10		Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	Jun	Jul
	<u>Theory</u> 3 lessons per fortnight	OAA coursework				Examination content						
	<u>Practical</u> 2 lessons per fortnight	Activity 1 and 2				Practical coursework	Plan and risk assessment			Leadership		

## Sport Studies Course overview

Y11		Sept	Oct	Nov	Dec	Jan	Feb	March	Apr il	May	Jun	Jul
	<u>Theory</u> 3 lessons per fortnight	Examination content									Exam	
	<u>Practical</u> 2 lessons per fortnight until Nov	Evaluation for leadership and any final catch up for practical/leadership work	Examination content									

## R184 – Contemporary issues in sport – 70 marks

Written examination in June 2025 (1 hour 15 mins)

This equates to 40% of the final grade

Content overview

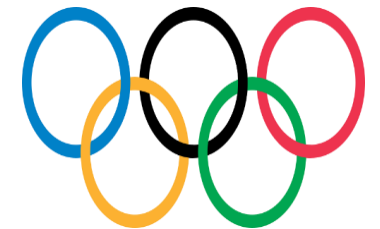
Topic 1 – Issues which affect participation in sport

Topic 2 – The role of sport in promoting values

Topic 3 – The implications of hosting a major sporting event for a city or country

Topic 4 – The role National Governing Bodies play in the development of their sport

Topic 5 – The use of technology in sport



## R185 – Performance and leadership in sports activities – 80 marks

Internally assessed, externally moderated.

This equates to 40% of the final grade

Assessment overview

Topic 1 – Key components of performance (**2 activities**)

Topic 2 - Applying practice methods to support improvement in a sporting activity

Topic 3 - Organising and planning a sports activity session

Topic 4 - Leading a sports activity session

Topic 5 - Reviewing your own performance in planning and leading a sports activity session



R187 – Increasing awareness of outdoor and adventurous activities – 40 marks

Internally assessed, externally moderated.

This equates to 20% of the final grade



Content overview

- Topic 1 – Provision for different types of outdoor and adventurous activities in the UK
- Topic 2 – Equipment, clothing and safety aspects of participating in outdoor and adventurous activities
- Topic 3 - Plan for and be able to participate in an outdoor and adventurous activity
- Topic 4 - Evaluate participation in an outdoor and adventurous activity

We are part of...

## Grade comparison

GCSE	Sport Studies
9	
8	L2D*
7	L2D
6	
5	L2M
4	L2P
3	L1D
2	L1M
1	L1P

## Key information for practical assessments (GCSE PE and Sport Studies)

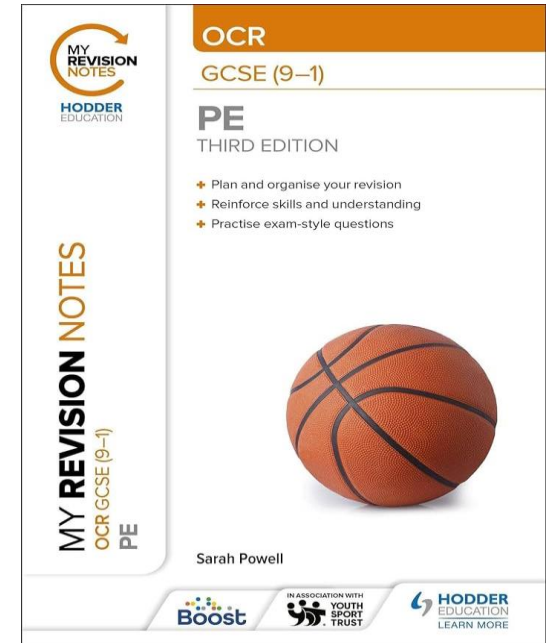
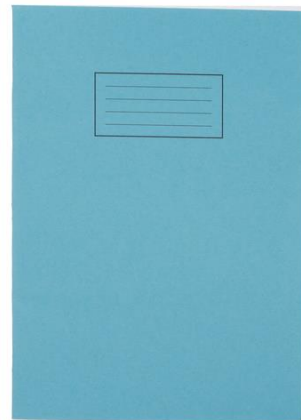
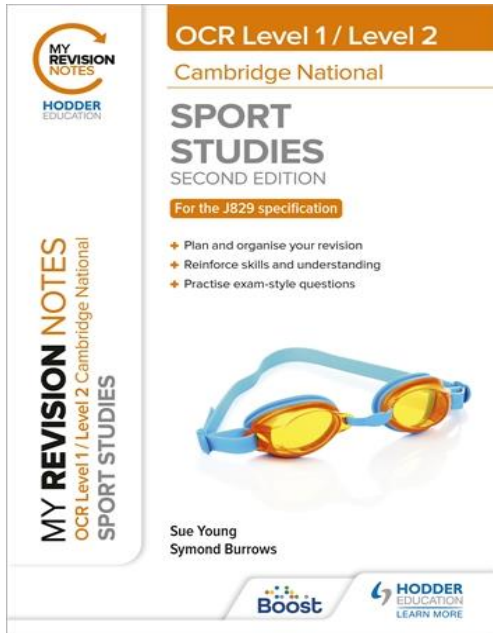
Off-site activities videos will need to be submitted by Christmas 2024 (e.g. equestrian, swimming and skiing).

**We would strongly advise gathering club or county footage of your child performing to assist with marking.**

**Please remember to seek the appropriate permission to film the matches/performances from both teams/competitors.**



## Revision guides and materials



# Acle Academy

## Careers in sport



- Sports development

Coaching

Manager

Outdoor education centre

- Product development

Journalism

Organisation of sporting events

Leisure centre

- Nutritionist

Fitness industry

National Governing Bodies

Stadium

- Physiotherapist

Professional sport

Teaching

Official/referee

- Biomechanics

Community sport

Marketing

Sales

- Gym manager

Psychology

Commentator

Health

We are part of...

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