

# Physical Education

GCSE

&

Sport Studies



# GCSE PE Specification



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The GCSE PE specification is broken down into the following:

Component 1 – Physical factors affecting performance



Component 2 – Socio-cultural issues and sports psychology

Component 3 – Practical performance

Component 4 – Analysing and Evaluating Performance (AEP)

# Component 1 – Physical factors affecting performance

Written examination in June 2023 (1 hour)  
This equates to 30% of your child's final grade

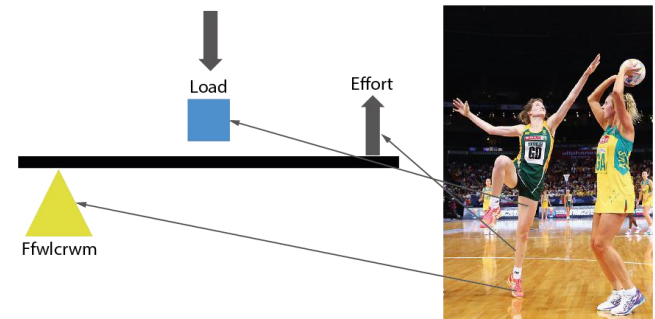
Content overview

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

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Written examination in June 2023 (1 hour)

This equates to 30% of your child's 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

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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.

# Key information for practical assessment

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The internal assessment day is in early March 2024. We then submit marks to OCR before 31<sup>st</sup> March and then a sample from 5 different sports is selected by them.

This will be live moderation (at a hub school) or video evidence (if offsite activities)

This will consist of 1 hour assessments on different sports.

Students will leave lessons for their assessment slot (please arrive 10 minutes before to be prepared).

# Key information for practical assessment

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

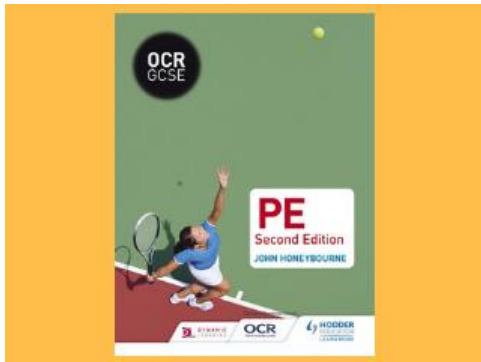
We would strongly advise gathering club or county footage of your child performing to assist with marking.

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



# Revision guides and materials

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my **revision** notes

OCR GCSE (9-1)

**PE**  
2nd Edition



Sarah Powell

**HODDER**  
EDUCATION  
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# Key information for practical assessment

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# Sports Studies 22-24

## SPORT STUDIES



INCLUDED ON THE  
KS4 PERFORMANCE TABLES

*Specification*

OCR Level 1/Level 2

Cambridge National in  
**Sport  
Studies**

**J829**

Version 2 (First teaching September 2022)



# What are they studying?

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**R184** Contemporary Issues in Sport—exam worth **40% overall** (70 marks)

**R185** Performance and Leadership in Sports Activities—coursework worth **40% overall** (80 marks)

**R186 – Sport and the media**  
worth **20% overall** (40 marks)

# R184 – Contemporary issues in sport – 70 marks

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Written examination in June 2024 (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

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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



# R186 – Sport and the media – 40 marks

Internally assessed, externally moderated.

This equates to 20% of the final grade

Content overview

Topic 1 – The different sources of media that cover sport

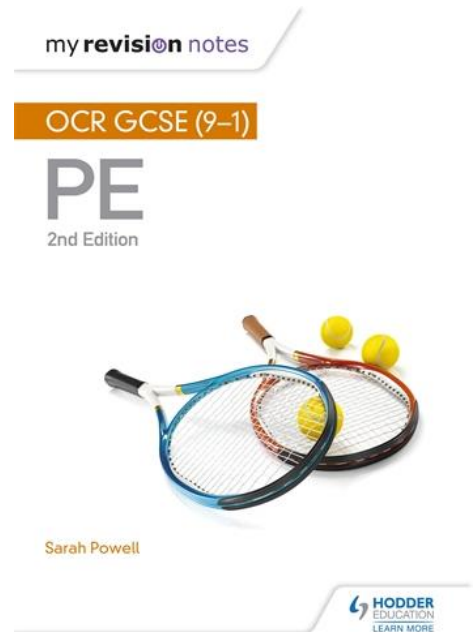
Topic 2 - Positive effects of the media in sport

Topic 3 - Negative effects of the media in sport



# Revision guides and materials

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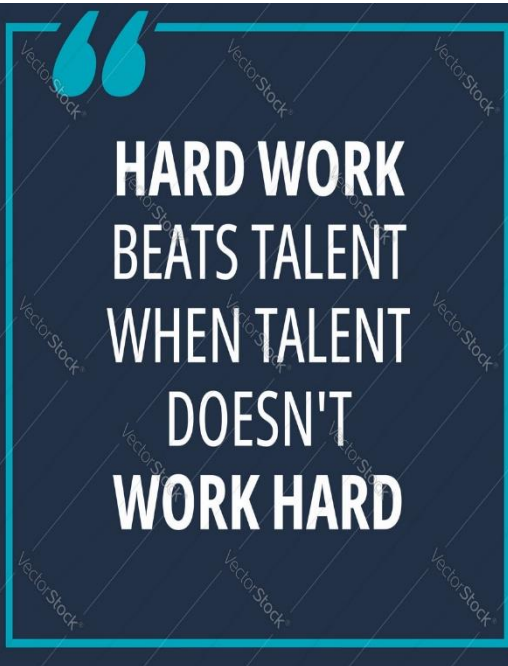


# More to come in January 2024

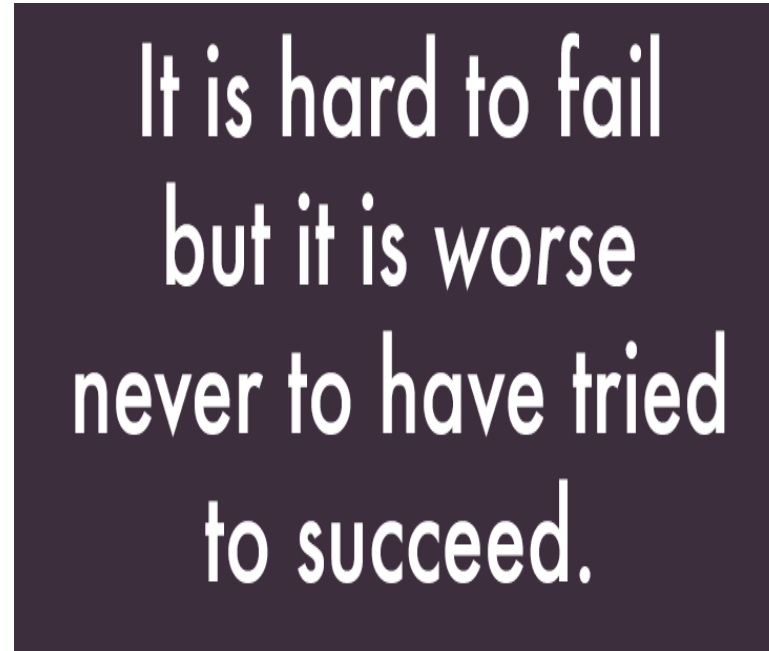
- Focusing more on...
- Importance of revision.
- How to revise effectively.
- Balancing time and stress to cope with the exam workload.



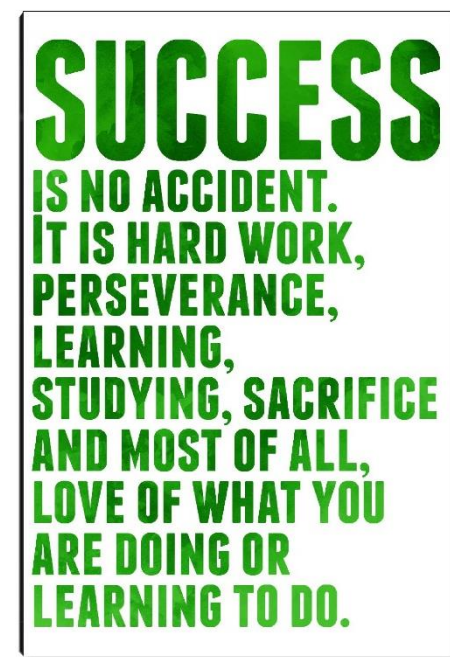
# Quotes to live by this year...



Tim Notke- high school basketball coach



Theodore Roosevelt- 26<sup>th</sup> President of the United States



Pele- The greatest footballer of all time...