

GCSE PE ACTIVITY LIST

TEAM ACTIVITY	COMMENTS
ASSOCIATION FOOTBALL	Cannot be five-a-side or futsal
BADMINTON	Cannot be assessed with singles
BASKETBALL	
CAMOGIE	Cannot be assessed with hurling
CRICKET	
DANCE	This can only be used for one activity
GAELIC FOOTBALL	
HANDBALL	
FIELD HOCKEY	
HURLING	Cannot be assessed with camogie
LACROSSE	
NETBALL	
ROWING	Cannot be assessed with skulling, canoeing or kayaking. This can only be used for one activity
RUGBY LEAGUE	Cannot be assessed with rugby union or rugby sevens - cannot be tag rugby
RUGBY UNION	Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league, cannot be tag rugby. Only one form
SQUASH	Cannot be assessed with singles
TABLE TENNIS	Cannot be assessed with singles
TENNIS	Cannot be assessed with singles
VOLLEYBALL	
INDIVIDUAL ACTIVITY	COMMENTS
AMATEUR BOXING	
ATHLETICS	
BADMINTON	Cannot be assessed with doubles
CANOEING	Cannot be assessed with kayaking, rowing or skulling
CYCLING	Track or road cycling only
DANCE	This can only be used for one activity
DIVING	Platform diving
GOLF	
GYMNASTICS	Floor routines and apparatus only
EQUESTRIAN	
KAYAKING	Cannot be assessed with canoeing, rowing or sculling
ROCK CLIMBING	Can be indoor or outdoor
ROWING	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity
SCULLING	Cannot be assessed with rowing, canoeing or kayaking
SKIING	Outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
SNOWBOARDING	
SQUASH	Cannot be assessed with doubles
SWIMMING	Not synchronised swimming
TABLE TENNIS	Cannot be assessed with doubles
TENNIS	Cannot be assessed with doubles
TRAMPOLINING	
Candidates will be assessed in three activities, one from each list and the third from either list	

EXAM Paper 1 – Physical Factors

1 Hour Paper // 60 Marks

30% of GCSE

SECTION A

20 questions worth 30 Marks
Range of marks across topics

Questions marked with a *
Q: Explain the long-term effects that regular exercise has on the heart.

SECTION B

Point: Cardiac hypertrophy will occur

Explain: This will mean more blood can be pumped per beat (Increase in stroke volume)

Example: The wall of the left ventricle

3x 10 mark questions
(Part questions)
x2 on A&P // x1 on Training
Extended response/use of data

Skeletal System	Cardiovascular System	Fitness Components
Joints & Movement	Respiratory System	Training
Muscular System	Short Term: Exercise	Warm Up/Cool Down
Movement Analysis	Long Term: Training	Injury Prevention

EXAM Paper 2 – Socio Cultural Issues

1 Hour Paper // 60 Marks

30% of GCSE

SECTION A

20 questions worth 30 Marks
Range of marks across topics

Questions marked with a *
Q: Explain how gender affects participation in physical activity.

SECTION B

Point: Higher rates of participation amongst boys in physical activity

Explain: This is due to there being more prominent male role models.

3x 10 mark questions
(Part questions)
x1 Socio // x1 Psych // x1 HFWB
Extended response/use of data

Example: Lionel Messi in football

Physical Activity	COSM / Skill Class.	Health, Fitness & Well-being
Participation	Goal Setting	
Commercialisation	Mental Preparation	Diet & Nutrition
Ethics/Drugs/Violence	Guidance / Feedback	

PRACTICAL

30% of GCSE

Sport 1: 10%
Sport 2: 10%
Sport 3: 10%

Three activities from the following lists:

One activity from the **team** activity list
One activity from the **individual** activity list,
One activity from the **either** activity list

CONTROLLED ASSESSMENT

Completed in Y10

10% of GCSE

TEAM ACTIVITY LIST

IN SCHOOL

- Football
- Badminton
- Basketball Core
- Camogie
- Cricket Core
- Dance
- Gaelic Football
- Handball
- Field Hockey
- Hurling
- Lacrosse
- Netball

- Rowing
- Rugby Core
- Squash
- Table Tennis
- Tennis
- Volleyball

INDIVIDUAL ACTIVITY LIST

IN SCHOOL

- Athletics
- Badminton
- Boxing
- Cycling
- Dance
- Diving
- Golf
- Gymnastics
- Equestrian
- Rock Climbing
- Rowing
- Skiing
- Snowboarding
- Squash
- Swimming
- Table Tennis
- Tennis
- Trampolining

Have you ever wondered...

- Why some people are good at sports and others not?
- Why you are a great swimmer but hate running?
- How you could go from being a good athlete to being in the Olympics?
- Why people take drugs?
- Why violence is often seen in sport?

Study GCSE (9–1) Physical Education to find out the answers.

GCSE (9–1) Physical Education

Studying GCSE (9–1) Physical Education will open your eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide ranging knowledge into the how and why of Physical activity and sport.

The combination of the physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study learn how to improve your performance through application of the theory.

Physical Education is learned about through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people outperform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also gain an understanding of the consequences of inactivity and poor diet.

Key features

- Simple, straight forward assessment structure
- All key areas of study covered
- Opportunities to perform in three different activities
- Provides an excellent introduction to future study in this and many other areas

Do you...

- Want to become a Personal Trainer or Sports Coach?
- Think that physiotherapy or PE teaching might be a career choice for you?
- Want the knowledge to keep yourself fit, healthy and active for life?
- Find the human body fascinating?
- Want to learn how to train SMART, not just train harder?
- Or, do you just want to develop the knowledge to get better in the sport or activity you take part in?

If so, GCSE (9–1) Physical Education is for you.



What's included

40% Non-Exam assessment giving you the opportunity to apply the theory to your own sporting performance in three different activities as well as allowing you to analyse performance in your chosen sport.

Location of major bones of the skeletal system	Cardiovascular endurance/stamina	Goal setting
Functions of the skeletal system	Muscular endurance	Mental preparation
Types of synovial joint	Speed	Guidance
Types of movement at hinge joints and ball and socket joints	Strength	Feedback
Roles of joint components	Flexibility	Physical activity and sport in the UK
Location of major muscle groups	Agility	Participation in physical activity and sport
Roles of muscle in movement	Principles of training	Commercialisation
Structure and function of the cardiovascular system	Optimising training	Ethics in sport
Structure and function of the respiratory system	Prevention of injury	Drugs in Sport
Anaerobic and Aerobic exercise	Lever systems	Violence in Sport
Short term effects of exercise	Planes of movement and axes of rotation	Health, fitness and well being
Long term training effects of exercise	Characteristics of skilful movement	Diet and nutrition
	Classification of skills	

The emphasis throughout the course is on introducing the concepts with Physical Education and relating these to performance whilst developing your knowledge, competence and confidence in a wide variety of skills that will enable you to confidently move forward in life. The theoretical side of the course is complemented by the practical element where you will get to put this newly learned theory into practice and improve and develop in your chosen activities.

How will you be assessed?

- Non- Exam Assessment (NEA). Three practical performances
- NEA. One Performance Analysis task.
- A total of two hours assessment split over two examination papers (2x 1 hour) taken at the end of the two year course.
- A wide range of Question types including: multiple choice, single mark, short answer and extended response questions.
- The opportunity to demonstrate your knowledge of the theory and performance skills in both your NEA and through the examinations.

What are the benefits?

- This is an interesting and challenging learning experience. In it we introduce key sporting ideas and show how these interact with practical performance, you will gain insights into the relationships they have with each other throughout the course.
- The development of transferable skills including: decision making, psychological understanding of people, independent thinking, problem solving and analytical skills as well as thinking, acting and reacting under pressure.
- The study of GCSE (9–1) Physical Education opens up a range of possibilities for further study and also into careers associated with the subject.

Where can GCSE (9–1) Physical Education take me?

- GCSE (9–1) Physical Education is not just an excellent base for the OCR A Level in Physical Education, it can take you much further. For those of you fascinated by the human mind, why not carry on to Psychology? For people into the why of the human race this carries you through to Sociology. This is also an excellent additional qualification for those undertaking the sciences with the intention to move through into medicine or physiotherapy routes.
- Beyond A Level, the study of Physical Education can lead on to university degrees in sports science, sports management, healthcare, or exercise and health. Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology, teacher training and many more. The transferable skills you learn through your study of Physical Education, such as decision making and independent thinking are also useful in any career path you choose to take.

Thought provoking questions

- I can't access sport because of my beliefs.
- How much influence does the mind really have over the body?
- Doping should be legal as it makes everyone equal.
- A warm up is a waste of time.
- Why is my resting heart rate different to that of an elite athlete?

