

**Y9 Options Evening**

**GCSE Physical Education**



# GCSE Physical Education

AQA specification (8582)

## Outline of the course:

- Theoretical assessment (60%)
- Non-exam assessment – practical and coursework (40%)



# Theoretical Modules (60%)

**Year 10:** 3 theory, 1 practical

The Human Body – skeletal/muscular systems

Movement Analysis – biomechanics of movement

Cardiorespiratory System – heart and lungs, responses to exercise/training

Exercise and Recovery – respiration, methods of recovery

Fitness and Training – components, testing, training methods, optimising fitness



# Theoretical Modules (60%)

Year 11: 5 theory

Sports Psychology – how we learn skills, is ‘mentality’ the *most* important aspect?

Health, fitness and wellbeing – diet and nutrition, body types, lifestyles

Socio-cultural influences – technology, performance enhancing drugs, hooliganism



# Theoretical Modules (60%)

## How are you assessed?

Two written papers at end of Y11 – short, medium, long answer questions

75 minutes per paper – each worth 30%





# Non-exam Assessment (40%)

Assessed as a *performer* in *three* different activities:

- Individual
- Team
- Individual or team

Assessment of:

- Skills
- Application of skills in a full sided competition

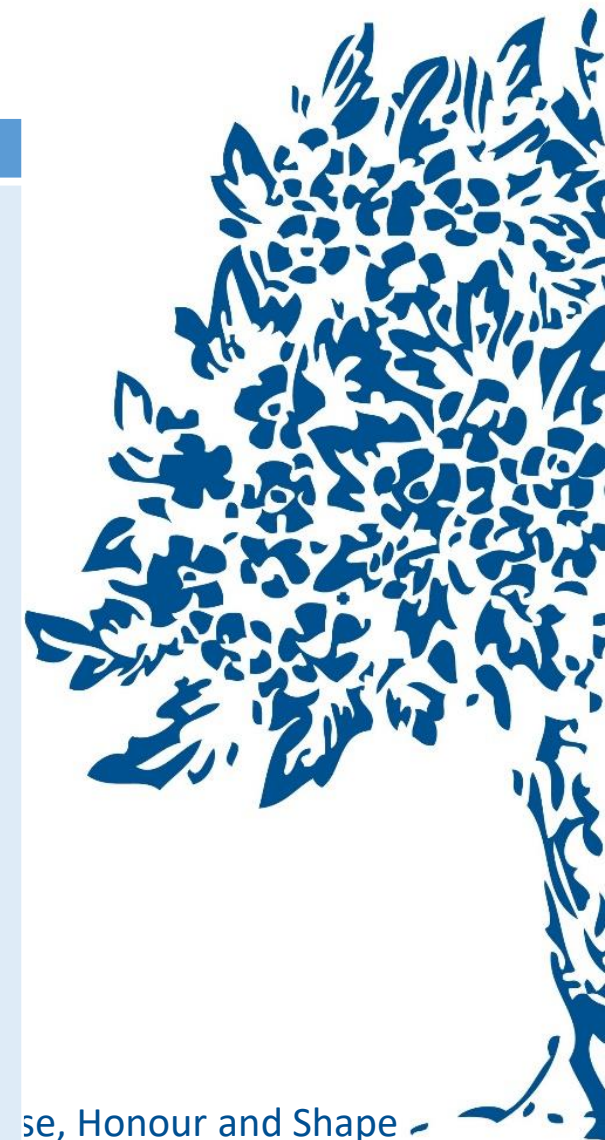
How?

- Ongoing teacher assessment – core PE lessons, extra curricular, DVD evidence.
- DVD evidence is required for activities high level performance AND activities that cannot be completed on site.



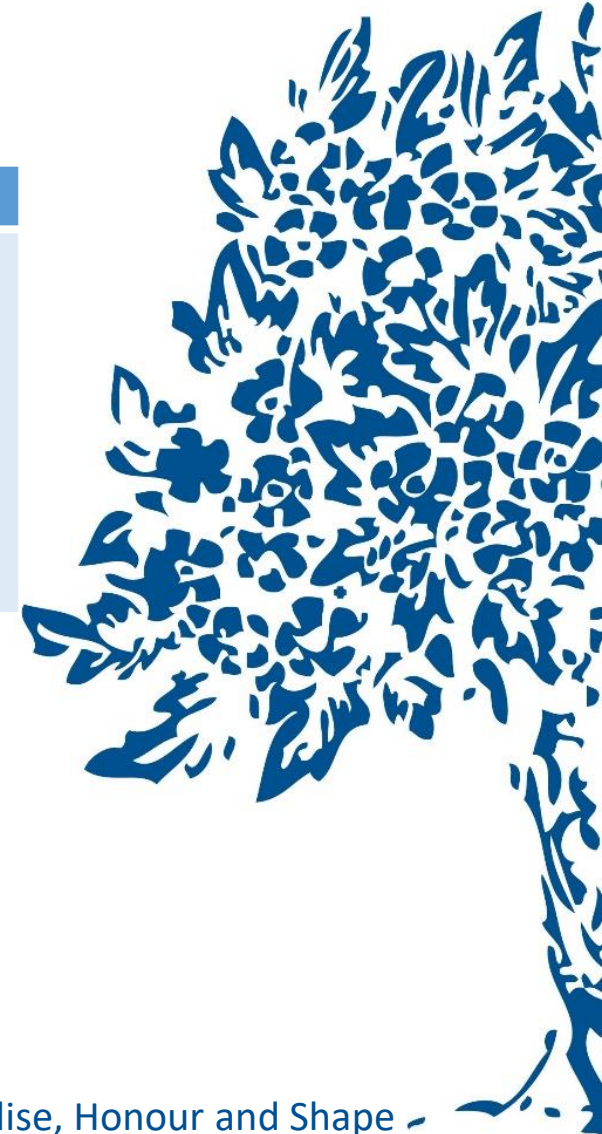
# Non-exam Assessment (40%)

Team Activities		Individual Activities	
Acrobatic gymnastics	Inline roller hockey	Amateur boxing	Sailing
Association football	Lacrosse	Athletics	Sculling
Badminton	Netball	Badminton	Skiing
Basketball	Rowing	Canoeing/kayaking	Snowboarding
Camogie	Rugby league	Cycling	Squash
Cricket	Rugby union	Dance	Swimming
Dance	Sailing	Diving	Table tennis
Figure skating	Sculling	Equestrian	Tennis
Futsal	Squash	Figure skating	Trampolining
Gaelic football	Table tennis	Golf	Windsurfing
Handball	Tennis	Gymnastics	
Hockey	Volleyball	Rock climbing	
Hurling	Water polo		
Ice hockey			



# Non-exam Assessment (40%)

Specialist team activities	Specialist individual activities
Blind cricket Goal ball Powerchair football Table cricket Wheelchair basketball Wheelchair rugby	Boccia Polybat





# Non-exam Assessment (40%)

## Coursework:

- Analysis and evaluation of yourself in your main sport



# GCSE Physical Education

## Students must:

- Have a keen interest in sport
- Be regularly competing (in normal circumstances!)

## Advantageous if students:

- Are competing at club level or higher
- Have two strong activities to offer



# Q&A

Please do email me if you have any questions:

[Davidsons@denmarkroad.org](mailto:Davidsons@denmarkroad.org)

1-1 conversation regarding practical activities

AQA Specification (8582)

<https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

