

# GCSE PE

Course Detail GCSE Physical Education– Full Course

Exam Board OCR



## ASSESSMENT

**Practical Exam– 30% of the final grade is the practical exam Coursework– 10% of the final grade is coursework.**

**Theory Examination –60% of the final grade is an exam.**

## WHAT YOU WILL STUDY -You will;-

- Develop your knowledge and practical skills in a range of physical activities
- Examine the effects of exercise and how training can improve performance
- Build thorough knowledge of how sport/exercise benefits individuals physically, mentally and socially
- Identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity

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## WHO SHOULD DO IT?

The GCSE course will appeal to you if you;

- Have a keen interest in sport and recreation and always look forward to your PE lessons
- Take part in sport/recreation outside of class time whether in a team or individually
- Want to follow a course that develops knowledge and understanding through practical involvement
- Want to know more about the benefits of sport and exercise
- Want to improve your own performance in a range of sports roles
- Want to study a course that is active and that you will enjoy
- Are considering a sports-related career or an A-level/higher education course

**ENTRY REQUIREMENTS** This is a GCSE subject and is open to all students. You should have an outstanding level of participation in sport. The course requires both theoretical and practical ability, it is recommended that you are extremely competent in either a team or individual sport.

We recommend that pupils should be working at LEVEL 6C or above in English and Science by the end of KS3