



Shaftesbury School



## GCSE Physical Education **Parents Pack**

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This pack is designed for parents who are keen to learn about the GCSE Physical Education course. We have presented this information pack to support your child's learning and to give valuable insight into what the course entails.

### **Introduction**

This is an established course, which builds upon prior learning at Key Stage 3 with a 40% theory and 60% practical workload. An interest in Sport and Physical Education is essential.

## Summary of scheme of assessment for Full Course

The examination will consist of two papers:

| Method of assessment                             | Details of assessment  | Weighting | Duration          | Objective assessed |
|--|--|-----------|-------------------|--------------------|
| Paper 1:<br>Written examination                  | Part I: multiple-choice questions<br>Part II: short answer questions<br>Part III: scenario questions | 40%       | 1 hour<br>45 mins | 3                  |
| Paper 2: Practical assessment in four activities | (a) Practical assessment during the course   | 25%       |                   | 1(a), 1(b)         |
| Analysis of performance in one activity          | (b) Analysis of performance  | 10%       |                   | 1(a), 1(b), 2      |
| Practical assessment in four activities          | (c) Final practical assessment   | 25%       |                   | 1(a), 1(b)         |

### Advantages of the GCSE in Physical Education

- Prepares young people for 6<sup>th</sup> form and/or college based learning through coursework, presentations and written examinations
- Helps to prepares young people for careers in the sport's sector and industry, as well as the forces (e.g. Army)
- Prepares students to become 'leaders' as well as being able to work as part of a team – again relevant to the workplace.
- Natural Progression to Higher Learning – AS/A2 Sport and Physical Education or BTEC

### Is this course suitable for my child?

There are no entry requirements for this course apart from the ability to work hard in the both practical and theoretical aspects of the course. This course is a natural progression from Key Stage 3 studies. All students on this course will gain the knowledge and skills necessary to study sport at A Level.

The course is of a practical nature (60%) with marks for the students best four sports are submitted. There is still has a theory element to the course which students must complete (40%). All pupils will finish

Key Stage 4 with a sport based qualification with the majority completing the GCSE PE course. Selected pupils will be put forward for the BTEC course also on offer or undertake various Leadership and/or National Governing Body Awards (e.g. FA Young Leaders Award/ Netball Umpires Award)

**Which units will be covered and how is the course assessed?**

Students are assessed on their practical performance in four specific sports, one piece of coursework (Analysis of Performance) and a written examination. The theory topics that the students will study follows.

**GCSE PE (Year 10)**

**Section A: Exercise and training**

**Introduction**

Students will need to know how to apply and demonstrate the relationship between the factors affecting participation and performance; know how and why people get involved in sport and understand why it is important to have an active lifestyle. They should be able to relate these factors to their chosen physical activities and show an understanding of their application in sport.

**Section B: Safety aspects and risk assessment in sport and physical activity**

**Introduction**

In this section, candidates should learn the reasons for their obligation to obey the laws, rules and safety requirements of any activity, and be able to assess the risks involved in activities, both to themselves and others. They should understand that these requirements not only relate to good sporting behaviour, but are also designed to ensure the safety of participants.

## Section C: Applied anatomy and physiology

### Introduction

The aspects of anatomy and physiology should be studied through the medium of physical activity. It is the intention of this section that the candidates' knowledge of anatomy and physiology is applied to enhance their understanding of the body systems when applied to physical activities and sporting situations. This should lead to informing candidates about their own practical performance and provide knowledge for an improvement in performance.

### **How can you assist your child's learning?**

We hope you can inspire your child from home and keep up to date with what they are doing. Every learner is different and every child works at a different pace. Some of the guided hours will be for students to spend time reading and researching at home. You know your child best and what motivates them. Here are some ideas on how you can help. These ideas are taken from educational research journals and were based on genuine feedback from parents.

- Speak to your child and find out what was covered in class today
- Was any additional work set? If so, can you help with it?
- How is this task being assessed, i.e.; exams / coursework / project?
- Spell check written work before they bring it back in to school
- Is a deadline for work on the horizon? If so, is your child on target?
- Have they backed up their work and loaded it onto their pen drive/memory stick?

### **What does all the terminology mean?**

Any new course brings with it new and strange codes, language etc. We have designed a de-coder to explain a few key words

#### **NQF**

#### **National Qualifications Framework**

The Governments own grid to explain school based awards

#### **EDEXCEL**

The exam board that designed and offer the course

**GCSE**            **General Certificate of Secondary Education**

**PEP**             Personal Exercise Plan

**How do I find out more information?**

If you have any questions please don't hesitate to ask. Alternatively try [www.edexcel.org.uk](http://www.edexcel.org.uk) for a full specification of this course and other related courses and pathways to further and higher education