



COURSE CONTENT

The content has been designed to allow learners to study Physical Education (PE) in an academic setting, allowing them to critically analyse and evaluate physical performance and apply their experience of practical activities in developing their knowledge and understanding of the subject. This course will prepare learners for the further study of PE or sports science courses as well as other related subject areas such as psychology, sociology and biology. Learners will also develop the transferable skills that are in demand by further education, Higher Education and employers in all sectors of industry.

As well as the theory element of the course, there is an emphasis on sporting performance in this subject and it is therefore essential that prospective candidates **must regularly attend the extracurricular sports clubs of the three sports they wish to use for their practical assessments (where available). They must also regularly participate in at least one sport competitively outside of school.** A list of the approved activities can be viewed here: [Exam Specification Sport List](#)

Theory components: Applied anatomy and physiology, physical training, socio-cultural influences, sports psychology, health, fitness and well-being, use of data.

Practical coursework: At the beginning of the course, candidates select **THREE** practical activities from a set list. These activities must consist of at least one team sport and one individual sport. Candidates must then keep a competitive log of their participation in these activities over the two years of the course. Candidates may offer sports from outside of the school curriculum through the use of video evidence which can be submitted to the exam board for assessment, however **evidence of this must be in a competitive setting.**

Analysing and Evaluating Performance (AEP): Each candidate is required to complete a piece of written coursework on one of their three chosen activities. It will include: an analysis of aspects of personal performance in a practical activity, an evaluation of the strengths and weaknesses of the performance and an action plan which aims to improve the quality and effectiveness of the performance.

ASSESSMENT

Written exam paper 1	1 hour (60 marks)	30% of final grade
Written exam paper 2	1 hour (60 marks)	30% of final grade
Practical coursework	3 sports	30% of final grade
Analysis of performance	1 sport	10% of final grade

PROGRESSION & FUTURE CAREERS

Pupils may choose to continue their physical education studies in Year 12 and 13 where the school offers A level courses.

Career paths are wide ranging and include: sports therapy, sports psychology, physiotherapy, medicine, PE teaching, exercise science, personal training, sports nutrition, sports event management, armed forces, outdoor pursuit training, fitness instruction, sports coaching.

WEBSITE

Examination Board: <https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/>