

Year 10 GCSE PE

If students opt to take PE or Dance as a qualification they could do one of the following:

OCR GCSE Physical Education

1. Component 1: Physical factors affecting Performance (30%)

- 1 hour multiple choice and structured questions. Exam taken in June of year 11.

2. Component 2 – Sociocultural Issues & Sports Psychology (30%)

- 1 hour multiple choice and structured questions. Exam taken in June of year 11.

3. Component 3 – Performance in Physical Education (40%)

- Performance in 3 different sports (30%)
- Analysing performance focused on skill piece of coursework (10%)

If you participate in a sport outside of school to a good/ excellent standard then this can be assessed using a portfolio of video and written evidence .

Links:

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

Taken out stuff here – link above is new

<http://www.ocr.org.uk>

Revision Sites

<http://www.bbc.co.uk/schools/gcsebitesize/pe/>

http://www.s-cool.co.uk/topic_index.asp?subject_id=28

<http://www.teachpe.com/>

<http://www.revisionworld.co.uk/gcse/pe>

<http://www.arrowvale.worcs.sch.uk/sportscollege/pe.htm>

<http://www.redruth.cornwall.sch.uk/content/departments/pe/gcse/index.htm>

<http://www.brianmac.co.uk/index.htm>

<http://www.pearsonpublishing.co.uk/gcsepe/html/resources0101.html>

<http://www.educationforum.co.uk/PE/GCSEPEHome.htm>

<http://www.sportsinjuryclinic.net/>

Sporting Sites

http://news.bbc.co.uk/sportacademy/hi/sa/learning_centre/newsid_2168000/2168370.stm

<http://www.sportengland.org/>

<http://www.youthsporttrust.org/page/home-welcome/index.html>

<http://www.ukспорт.gov.uk/>

<http://www.olympics.org.uk/home2.aspx>

<http://getset.london2012.com/home>

BTEC – Level 2 First in Sport

- *Unit 1:* (25%) Fitness for Sports and Exercise (external exam)
- *Unit 2:* (25%) Practical Sports Performance (inc. written journal)
- *Unit 4:* (25%) The sports performer in action (controlled assessment)
- *Unit 5:* (25%) Training for personal fitness (controlled assessment)

Pearson BTEC Technical Award in Performing Arts – Dance 603/0406/6

- *Unit 1:* (30% internal assessment) Exploring the Performing Arts
- *Unit 2:* (30% internal assessment) Developing Skills & Techniques in the Performing Arts
- *Unit 3:* (40 % synoptic external assessment) Performing to a brief

To support GCSE PE, BTEC Sport or BTEC Dance at home students could:

- Read and watch sport/ Dance related programmes.
- Practice the practical techniques being taught.
- Maintain a good level of stamina, strength and flexibility.
- Attend/ join sports/ Dance clubs, play for competitive teams.
- Develop an understanding of their body and how it works.