

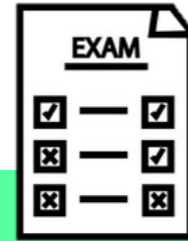


Exmouth Community College Physical Education Journey

GCSE PE Curriculum Map

A Level PE

BTEC Level 3 in Sport



Examination

There are two papers for GCSE PE., both of which are one hour written. Paper 1 covers Applied Anatomy & Physiology and Physical Training. Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



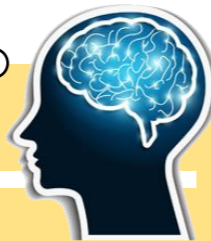
Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.



Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.



Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.

Coursework

Learners will start the coursework towards the end of the first half term. This will be on your main sport and will demonstrate your ability to evaluate and improve performance.



GCSE Physical Education Breakdown

Examination – 60%

Practical Assessment – 30%

Analyse & Evaluate Performance – 10%

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

The list of available sports and more information of off-site video evidence can be found on the AQA website

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.



Diet & Nutrition

Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.



Short/Long Term Effects of Exercise

Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.



Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.



Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.

Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.

Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and strategies to promote participation across a range of different groups in...



Your GCSE Physical Education Journey starts here ...