



## PHYSICAL EDUCATION - CREATIVE AND EXPRESSIVE - SINGLE

**AWARDING BODY:** OCR

**QUALIFICATION:** GCSE

**AVAILABLE:** ALL STUDENTS

### COURSE OUTLINE

With the use of our new facilities we will offer a highly engaging and enjoyable course.

- To develop an appreciation and awareness of the role of physical education
- To encourage creativity and decision making skills to enable pupils to plan effectively for performances
- To prepare pupils to make informed decisions about further learning opportunities and career choices
- To enable pupils become increasingly physically competent and effective through being actively engaged in a range of physical activities
- To develop pupils ability to take on different roles such as a player/participant, leader and official
- To enable pupils to develop and maintain their involvement in physical activity, as part of a healthy active lifestyle

There are three units that are broken down into a number of topics. These units and topics include:

- The human body and movement in physical activity and sport
- Socio-cultural influences and well-being in physical activity and sport
- Practical performance in physical activity and sport

This course is best suited to pupils who:

- Are mastering in at least 4 sports
- Are interested in the theory of sport and exercise
- Can co-operate and support others
- Are willing to give up their own time to practice
- Demonstrate confidence and enjoyment when performing
- Have the ability to analyse and evaluate performance, both verbally and in written form

Course requirements:

- The purchase of full Beal GCSE PE Kit
- Attend outdoor adventure activity trips
- Recommended to go on the Beal Skiing trip



## ASSESSMENT METHOD

The course comprises of two components:

### 40% Practical

- Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- Analysis and evaluation of performance to bring about improvement in one activity
- Assessed by teachers, moderated by OCR.

### 60% Theory

- 2 x 1 ¼ hour exam comprising of multiple choice, short answer, and long answer questions both worth 30% each

## SKILLS ACQUIRED

- communication effectively
- apply the subject theory in a practical environment
- expertise resulting in outstanding practical performance
- ICT to enhance their performance and understanding
- To enhance problem solving ability

Specification: <http://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>

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