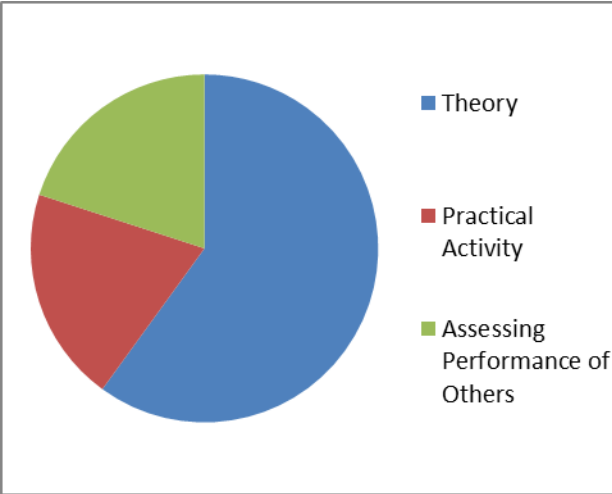


PE (GCSE)

AT A GLANCE	FORMAT
 <p>A pie chart illustrating the distribution of the course content. The chart is divided into three segments: a large blue segment representing 'Theory' (60%), a red segment representing 'Practical Activity' (30%), and a green segment representing 'Assessing Performance of Others' (10%). A legend to the right of the chart identifies these segments with colored squares: blue for Theory, red for Practical Activity, and green for Assessing Performance of Others.</p>	<p>THIS COURSE IS 60% EXAM and 40% PRACTICAL.</p> <p>The human body and movement in physical activity and sport – 30% of grade, 78 marks, 1hr 15 min exam.</p> <p>Skeletal, muscular, CV and respiratory systems. The structures and functions and how they respond to exercise, both short term and long term. What movements are possible at each of the joints and the basic concepts of biomechanics.</p> <p>Socio-cultural influences and well-being in physical activity and sport – 30% of grade, 78 marks, 1hr 15 min exam.</p> <p>Classifications of skills in sports, using SMART targets to improve performance, information processing model and theories relating to arousal. How sport has changed over the years through the uses of technology and money. Ethics and deviance in sport.</p> <p>Health, Fitness and wellbeing – somatotypes, linking exercise to various health benefits, tackling obesity through participation in sport and physical activity. Sports nutrition.</p> <p>Practical Performance in Physical Education and sport (40%) - you are assessed in your performance in three sports, one individual, and one team and one from either category. You also have to analyse the performance of someone else in a sport of your choice. This can be done in written form or verbally.</p>
SUCCESS TIPS	
<ul style="list-style-type: none"> • All of the units are closely linked to sport. Therefore it is essential that you enjoy sport, talking and learning about it. • Work hard in lessons – do not fall behind; (it is very hard to catch up once you do) • Recap and revise lesson content thoroughly to embed information for both the exam and coursework. • Catch up on any class or assessment activities you may miss through illness. • Choose a mode of assessment that suits you for the assessment of performance verbal or written. • Take ownership of your grade and what level you are currently at. • Take a full part in all core PE lessons and work hard to improve your practical skills. Attend sessions on Friday afterschool too for your sport.. 	