



Tudor Grange Academy Solihull

Year 8

CURRICULUM CHOICES

2019



PHYSICAL EDUCATION



WHAT YOU WILL STUDY

GCSE PE - Specification overview

	Component name	Content	% of total GCSE
01	Physical factors affecting performance	1.1 Applied anatomy and physiology 1.2 Physical training	30%
02	Socio-cultural issues and sports psychology	2.1 Socio-cultural issues 2.2 Sports psychology 2.3 Health, fitness and well-being	30%
03	Performance in physical education	3.1 Practical activity assessment 3.2 Analysing and Evaluating Performance (AEP)	40%



WHAT YOU WILL STUDY

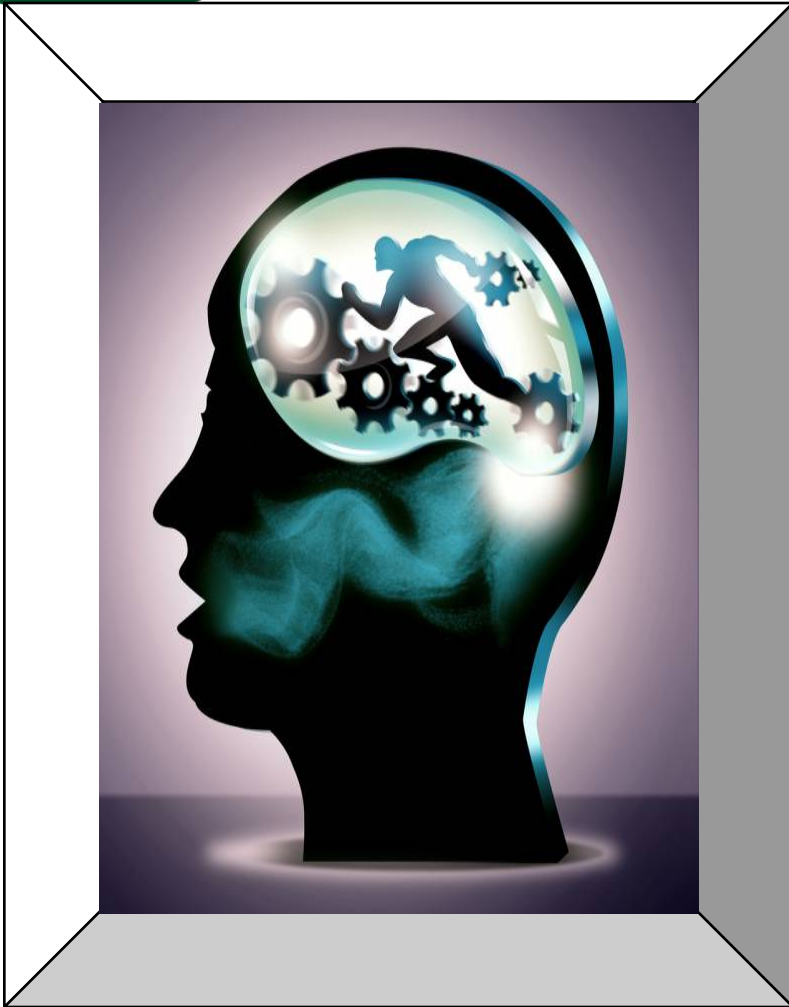


Physical factors affecting performance:

- How does your body function during physical activity?
- What are the physiological adaptations that can occur due to diet and training?
- Why do we train in different ways?
- How can we optimise results through training plans?



WHAT YOU WILL STUDY

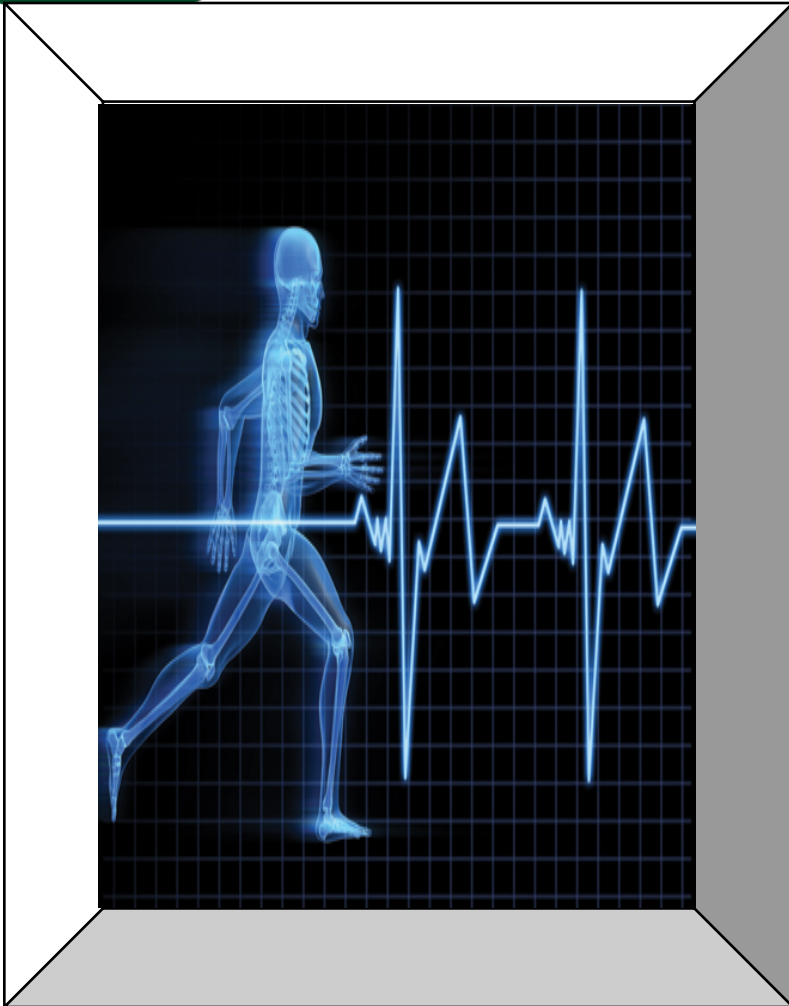


Socio-cultural issues and sports psychology:

- How has the commercialisation effected sport?
- What can be done about the prevalence of ethical issues in sport?
- What are the characteristics of an effective sports team?
- How can we manage performers anxiety?
- How does your diet effect your performance in sport?



WHAT YOU WILL STUDY



Amateur boxing
Association football
Athletics

Badminton
Basketball

Camogie
Canoeing
Cricket
Cycling

Dance
Diving

Equestrian

Gaelic football
Golf
Gymnastics

Handball
Hockey
Hurling

Kayaking

Lacrosse

Netball

Rock climbing
Rowing
Rugby league

Rugby union

Sculling
Skiing
Snowboarding
Squash
Swimming

Table tennis

Tennis
Trampolining

Volleyball

Specialist-

- Blind cricket
- Boccia

- Goal ball
- Powerchair football
- Polybat

- Table cricket
- Wheelchair basketball
- Wheelchair rugby

ACTIVITIES IN LESSONS



4 x lessons over a two week timetable

All theory lessons

Practical – you must be competing regularly outside of school/wider curricular

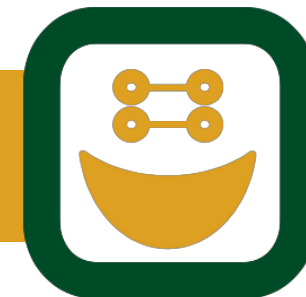
Core PE Lessons



HOW WILL I BE EXAMINED?

GCSE	Component name	Content	Mks	Exam	% of Total GCSE
01	Physiological factors affecting performance	1.1 Applied A&P 1.2 Physical Training	60	1 hr	30%
exam	Section A – 30 marks, 20 questions ranging in size/mark allocation across the topics. Section B – 3 x 10 mark questions, 2 on A&P and 1 on Physical Training; broken down in to part questions. Including the use of extended response and use of data.				
02	Socio-cultural Issues and Sports Psychology	2.1 Socio-cultural issues 2.2 Sports Psychology 2.3 Health, Fitness and Wellbeing	60	1 hr	30%
exam	Section A – 30 marks, 20 questions ranging in size/mark allocation across the topics. Section B – 3 x 10 mark questions, one on each topic, broken down in to part questions. Including the use of extended response and use of data.				
03	Performance with Physical Education	3.1 Performance practical in three activities, equally weighted at 20 marks each 3.2 Analysing and evaluating performance (AEP) 20 marks	80	NEA	40%

LINKS TO CAREERS AND FUTURE



Successes 2018
GCSE

7+ 42%

5-9 83%

4-9 91%

