

GCSE PE Syllabus

Exams – Summer 2018

1- Physical Factors (60 marks, 1 hour written paper, 30%) WED 16th May 2018 9am.

2. Socio- Cultural and Psychology (60 marks, 1 hour written paper, 30%) Fri 18th May 2018 2pm.

Coursework – Analysing and Evaluating Performance (AEP) 10% (Completed by Jan 2018)

Practical – (30%) 3 sports (Individual/Team/ I or T)

GCSE PE Topics- Where are we NOW?

Exam 1 (BLUE BOOK)

Component 1: Physical Factors Affecting Performance

1.1 Applied anatomy and physiology

- a The structure and function of the skeletal system
- b The structure and function of the muscular system
- c Movement analysis
- d The cardiovascular and respiratory systems
- e Effects of exercise on body systems

1.2 Physical Training

- a Components of fitness
- b Applying the principles of training
- c Preventing injury in physical activity and training



Exam 2 (RED BOOK)

issues and sports psychology

2.1 Socio-cultural influences

- a Engagement patterns of different social groups in physical activities and sports
- b Commercialisation of physical activity and sport
- c Ethical and socio-cultural issues in physical activity and sport

2.2 Sports psychology

2.3 Health, fitness and well-being

Jan
2018



Jan
2018

Grade Boundaries- What you will receive on mock day?

1- Physical Factors (30%) – raw score out of 60 ? E.g. 30/60

2. Socio- Cultural and Psychology (30%) – raw score out of 60?

3. OVERALL THEORY GRADE

4. Forecast Grade – calculating your grades above + AEP coursework + Practical.

Theory Grade Boundaries

Grade 1 - 25%

Grade 2 - 34%

Grade 3 - 43%

Grade 4 - 54%

Grade 5 - 63%

Grade 6 - 73%

Grade 7 - 80%

Grade 8 - 88%

What next?

2. FILMING SPORTS we can't do a Longsands during PE moderation e.g. swimming/rowing.

Use specification on VLE and media format to your teacher by 30th Jan 2018!!

2d.16. Rowing

The learner's level of success in this activity is measured through the areas/aspects identified in the practical activity assessment criteria for GCSE (9-1) Practical Performance.

The learner is assessed performing the acquired and developed skills of rowing.

Core skills, to include:

Phases of rowing:

- Catch
- Draw
- Finish
- Recovery
- Balance

Demonstrating appropriate positioning of the below some of the time:

- Legs
- Body
- Arms
- Posture

Rowing on either stroke or bow side

Padding

Teamwork and communication with partner/teammates/Cox

Advanced skills, to include more efficient versions of:

Learners should follow an appropriate technical model which leads to effective performance.

Phases of rowing:

- Catch
- Draw
- Finish
- Recovery
- Balance

Being able to row on both stroke and bow side as required

Working together as a co-ordinated team

Decision making and tactical awareness, to include:

- Speed of start
- Selection of appropriate boat size (2, 4, 8, coxed or uncoxed)
- Understanding your partner/teammates and working together
- Principals of attack and defence
- Race tactics in relation to either sprint or head race events
- River positioning
- Tactical rowing e.g. when to lead, when to follow and when to kick for the finish
- Applying tactics in different situations
- Applying other ploys/tactics to outwit opponent
- Awareness of team strategies/tactics
- Awareness of strengths/weaknesses and actions of other rowers
- Awareness of the rules and regulations of the sport and their application

What next?

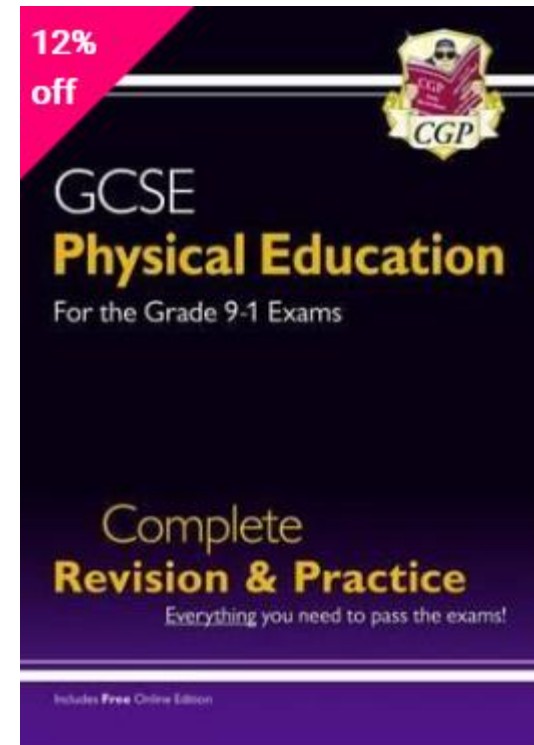
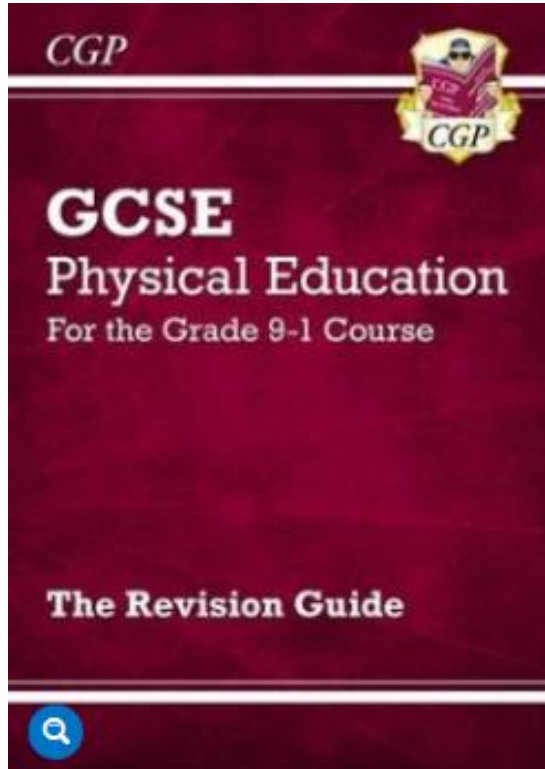
3. PE Practical Moderation (March 2018 DATE TBC)

**1st stage – Practical exam @
Longsands.**

**2nd stage – MAY be selected by
moderator for cluster practical
exam off-site.**



Christmas request....



Is this you?

<https://www.youtube.com/watch?v=obdd31Q9PaA>

