



# KEY STAGE 4 PHYSICAL EDUCATION

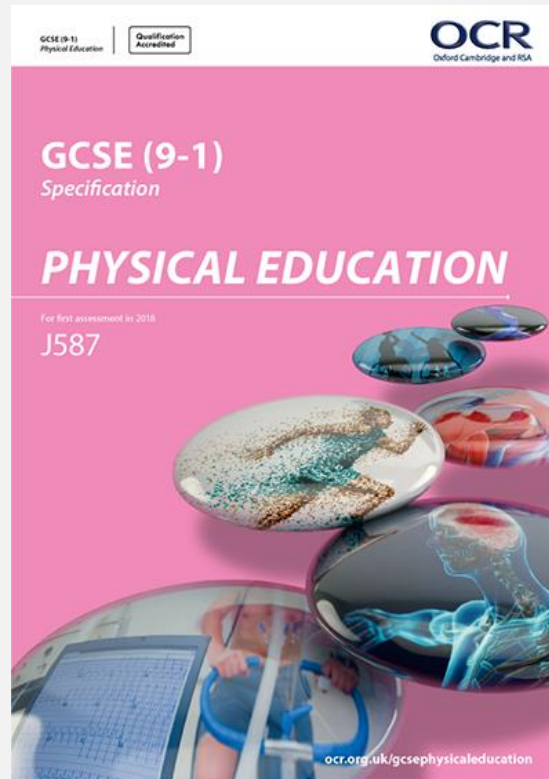


# WHAT IS AVAILABLE / ARE THE OPTIONS FOR ME

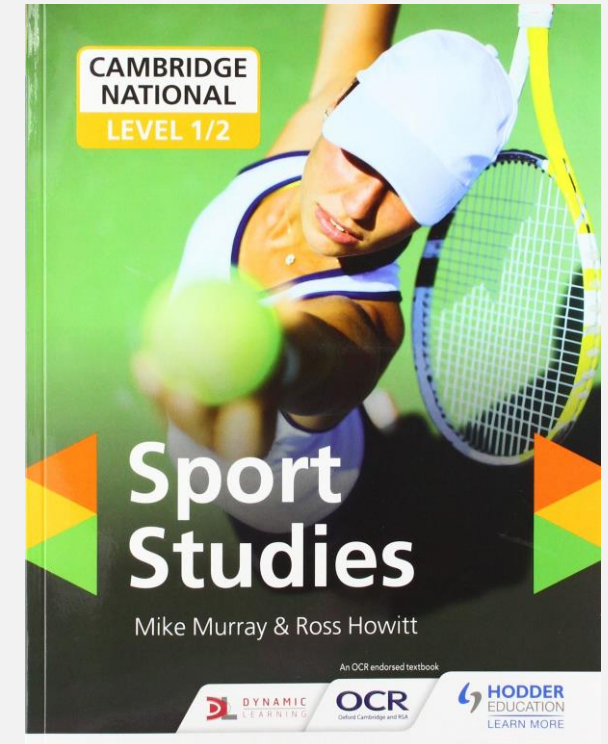
## CORE PE



## GCSE PE (OCR)



## CNAT Sport Studies (OCR)





# GCSE PE

# THEORY: WHAT WILL I STUDY?

2 Exam Papers – 30% per paper so total of 60% of final grade

## Paper 1:

- Applied Anatomy & Physiology
- Physical training

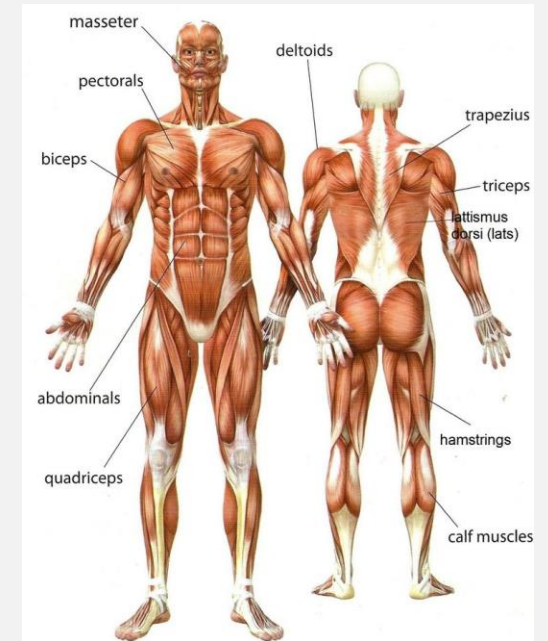
## Paper 2:

- Socio-cultural influences
- Sports psychology
- Health, fitness & well-being

### TRAINING METHODS

Different sports require different training methods. As a result, sports performers must select training methods that are specific or can be adapted to their chosen activity.

<b>CONTINUOUS</b> <ul style="list-style-type: none"><li>• Long periods of moderate work, without rest.</li><li>• Improves cardiovascular fitness and muscle endurance.</li><li>• Suitable for distance runners and tri-athletes.</li></ul>	<b>FLEXIBILITY/MOBILITY</b> <ul style="list-style-type: none"><li>• Stretching methods including static, dynamic and Proprioceptive Neuromuscular Facilitation (PNF).</li><li>• Improves range of movement, reducing the chance of injury.</li><li>• Beneficial for all sporting activities, in particular gymnastics and dance.</li></ul>
<b>FARTLEK (SPEED PLAY)</b> <ul style="list-style-type: none"><li>• A continuous workout, involving changes in speed and/or terrain.</li><li>• Improves recovery time and both aerobic and anaerobic fitness.</li><li>• Suitable for cross country runners and team games involving changes in speed.</li></ul>	<b>WEIGHT TRAINING</b> <ul style="list-style-type: none"><li>• A workout using weights as a form of resistance.</li><li>• Can be tailored to improve muscular endurance, power and strength.</li><li>• Suitable for all activities and general fitness-training.</li></ul>
<b>CIRCUIT</b> <ul style="list-style-type: none"><li>• A series of exercises performed in a circuit.</li><li>• Improves cardiovascular endurance and muscular endurance.</li><li>• Excellent for general fitness and can be structured to suit most sports.</li></ul>	<b>PLYOMETRICS</b> <ul style="list-style-type: none"><li>• A series of explosive movements such as jumps, bounds, hops etc.</li><li>• Improves power.</li><li>• Excellent for activities that require explosive strength, e.g. long/high jump.</li></ul>
<b>INTERVAL</b> <ul style="list-style-type: none"><li>• Involves alternating periods of work and rest.</li><li>• Can be used to improve speed, recovery time, and aerobic and anaerobic fitness.</li><li>• Suitable for team games involving short bursts of speed.</li></ul>	<b>SAQ (SPEED, AGILITY, QUICKNESS)</b> <ul style="list-style-type: none"><li>• Exercises aimed at activating neural pathways.</li><li>• Improves speed, agility and quickness.</li><li>• Suitable for team games involving changes in direction.</li></ul>



GCSE PE  
REVISION  
PLAYERS CONDUCT

**SMART**  
Goal Setting

### DIET

#### The Balance of Good Health

**Fruit and vegetables**  
Choose a wide variety

**Bread, other cereals and potatoes**  
Eat all types and choose high fibre kinds whenever you can

**Meat, fish and alternatives**  
Choose lower fat alternatives whenever you can

**Fatty and sugary foods**  
Try not to eat these too often, and when you do, have small amounts.

**Milk and dairy foods**  
Choose lower fat alternatives whenever you can

# GCSE PE

# NON-EXAMINED ASSESSMENT (NEA) / PRACTICAL - TOTAL 40%

## a) 3 Practical Activities (30%)

- One individual sport
- One team sport
- One team or individual sport
  
- Can only be a performer
  
- Must play 1 sport outside of school / for school
  
- Can be performed in or outside of school

b) Analysing & Evaluating Performance (AEP) - links to practical performances (10%)

## **Analysing and Evaluating Performance (AEP)**



# GCSE PE

3 Sports:

- 1 individual
- 1 team
- 1 individual OR team

## Individual activities

Boxing  
Track and Field Athletics  
Badminton  
Canoeing/Kayaking (slalom)  
Canoeing/Kayaking (sprint)  
Cross Country running  
Cycling  
Dance  
Diving  
Equestrian (Horse Riding)  
Golf  
Gymnastics (artistic)  
Polybat  
Rock Climbing  
Sculling  
Skiing  
Snowboarding  
Squash (individual)  
Sailing  
Swimming  
Table Tennis (individual)  
Tennis (individual)  
Trampolining  
Windsurfing

## Team activities

Acrobatic Gymnastics  
Association Football  
Badminton (Doubles)  
Basketball  
Camogie  
Cricket  
Dance  
Figure Skating  
Futsal  
Gaelic Football  
Goalball  
Handball  
Hockey  
Hurling  
Ice Hockey  
Inline Roller Hockey  
Lacrosse  
Netball  
Rowing  
Rugby League  
Rugby Union  
Sailing  
Squash (Doubles)  
Table Tennis (Doubles)  
Tennis (Doubles)  
Volleyball  
Water polo

# CNAT SPORT STUDIES

3 UNITS: 40% EXAM, 40% PRACTICAL  
& 20% ASSIGNMENT BASED

- Unit 1 = Contemporary Issues in Sport (EXAM)
  - 40% of the final grade
- Unit 2 = Performance and leadership in sport activities (Practical)
  - 40% of the final grade
- Unit 3 = Sport and the media (Assignment Based)
  - 20% of the final grade





# CNAT SPORT STUDIES

## WHAT WILL I STUDY? UNITS 3

### Unit 3: Sport and the Media

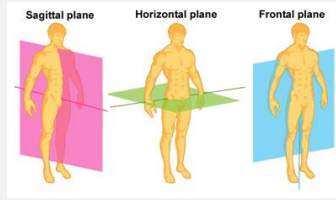
- 3 assignments
1. The different sources of the media that cover sport
  2. Positive effects of the media in sport
  3. Negative effects of the media in sport





## WHY STUDY PE

- Enjoy Physical Education and interested in the subject
- Play a sport outside of school
- Study of PE can lead to 6<sup>th</sup> Form, Colleges and Apprenticeships and further onto university degrees in sports science, sports management, healthcare, or exercise and health plus many other areas
- Physical Education can also complement further study in biology, human biology, physics, psychology, nutrition, sociology, teacher training and many more.
- The transferable skills you, such as decision making, leadership and independent thinking are also useful in any career path you choose to take.
- It can lead to lots of different jobs from Physiotherapy, to Sports Scientists, to Event Management and many more.



# WHAT IS THE DIFFERENCE BETWEEN GCSE PE AND CAMBRIDGE NATIONAL ?

GCSE PE (OCR)	CNAT Sport Studies (OCR)
<ul style="list-style-type: none"> <li>Theory and Practical Lessons               <ul style="list-style-type: none"> <li>60% Theory Exams</li> <li>40% Non-Exam Assessment</li> </ul> </li> <li>3 Practical Activities needed (1 Team, 1 Individual and 1 Team/Individual)</li> </ul>	<ul style="list-style-type: none"> <li>Theory and Practical Lessons</li> <li>Controlled Assessment (2 Units)               <ul style="list-style-type: none"> <li>One Exam (1 Unit)</li> </ul> </li> </ul>
<p>Units:</p> <p>Anatomy and Physiology            Physical Training            Socio-Cultural Influences            Sports Psychology            Health, Fitness and Well-being</p>	<p>Units:</p> <p>Unit 1 = Contemporary Issues in Sport (EXAM) 40%            Unit 2 = Practical and leadership – 40%            Unit 3 = Sport and the media – 20%</p>

Both subjects provide access to A-Level and BTEC options in the Sixth Form. Students should consider the different methods of assessment as well as their practical performance before making a decision.

twitter 



PHS\_PE  
@PHS\_PhysEd

GCSE PE (OCR)

Poynton High



PE Department

CNAT Sport (OCR)



Scan the QR code with your camera phone to take you to the internet page for more details on the course



**“Just play. Have fun. Enjoy the game.”**

**“Sports do not build character they reveal it”**

Mr M Henderson (Head of PE) email = [MAH@phs.cheshire.sch.uk](mailto:MAH@phs.cheshire.sch.uk)  
Miss C Wilson (Coordinator GCSE PE) = [CEW@phs.cheshire.sch.uk](mailto:CEW@phs.cheshire.sch.uk)  
Mr K Shaw (Coordinator CNAT Sport) = [KAS@phs.cheshire.sch.uk](mailto:KAS@phs.cheshire.sch.uk)