Examination PE

KS4 GCSE Physical Education (OCR)

We follow the OCR GCSE Physical Education specification, which provides students with the opportunity to develop their practical performance, theoretical knowledge and understanding of physical activity and sport.

The course explores how physical, psychological and socio-cultural factors influence participation and performance in sport, while helping students develop a deeper understanding of health, fitness and wellbeing.

Students are expected to participate competitively in three sports or activities throughout the course: (one team, one individual and one additional team or individual.

Assessment layout:

Component	Assessment	Weighting
Physical Factors Affecting Performance	Written Examination (1 hour)	30%
Socio-Cultural Issues and Sports Psychology	Written Examination (1 hour)	30%
Practical Performance	Assessment in Three Activities	30%
Analysis and Evaluation of Performance (AEP)	Written Coursework	10%

Through the course, students will:

- Develop practical skills and performance across a range of activities.
- Understand the science behind physical performance.
- Explore the psychological factors that influence success in sport.
- Examine the impact of social and cultural influences on participation.
- Build analytical and evaluative skills through performance review.
- Develop knowledge that supports lifelong participation in physical activity and sport.

This course provides an excellent foundation for further study in sport, physical education and health-related disciplines, as well as supporting students who wish to pursue performance sport alongside their academic studies.