

GCSE Physical Education

OCR

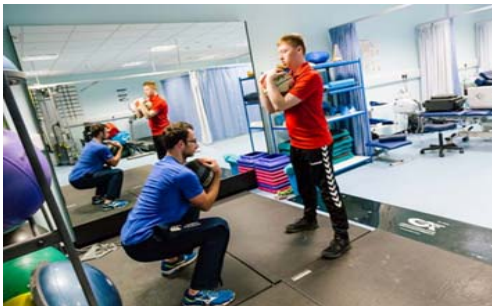
How is it assessed?

- **60%** Theory – 2x 1 hour exams
- **30%** Practical (/20 marks – level 0-5)
- **10%** Coursework (performance analysis as part of practical)

Theory heavy

- 4 hours theory
- 1 hour practical

Be prepared to work hard, it's not just playing sport!



Component 1 – Physical Factors affecting performance

- Anatomy and Physiology
- Physical Training

Component 2 – Socio-cultural Issues and Sports Psychology

- Socio-Cultural Influences
- Sports Psychology
- Health, Fitness & Well-Being

Component 3 – Performance in PE

- 3x Practical Activities (1 team, 1 individual, 1 from either, must be on the DfE/OCR approved list – ask if you are not sure)
- 1x Performance Analysis
- 1 activity **MUST** be part of a competitive club.