

GCSE PHYSICAL EDUCATION

The new specification will be delivered from September 2016. The department is in the process of selecting an awarding body and will inform parents in the very near future.

The summary of subject content is below.

Summary of Subject Content

60% theoretical content, 40% practical content (including 10% NEA)

Theory Component

GCSE specifications in physical education should require students to study:

1. Applied anatomy and physiology

Students should develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport, including:

- the structure and functions of the musculo-skeletal system
- the structure and functions of the cardio-respiratory system
- anaerobic and aerobic exercise
- the short and long term effects of exercise

2. Movement analysis

Students should develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport, including:

- lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- planes and axes of movement

3. Physical training

Students should develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes, including:

- the relationship between health and fitness and the role that exercise plays in both
- the components of fitness, benefits for sport and how fitness is measured and improved
- the principles of training and their application to personal exercise/training programmes
- how to optimise training and prevent injury
- effective use of warm up and cool down

4. Use of data

Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport. Students should be able to:

- demonstrate an understanding of how data are collected – both qualitative and quantitative

- present data (including tables and graphs)
- analyse and evaluate data

5. Sport psychology

Students should develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport, including:

- classification of skills (basic/complex, open/closed)
- the use of goal setting and SMART targets to improve and/or optimise performance
- guidance and feedback on performance
- mental preparation for performance

6. Socio-cultural influences

Students should develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society including:

- engagement patterns of different social groups in physical activity and sport
- commercialisation of physical activity and sport
- ethical and socio-cultural issues in physical activity and sport

7. Health, fitness and well-being

Students should develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and well-being, including:

- physical, emotional and social health, fitness and well-being
- the consequences of a sedentary lifestyle
- energy use, diet, nutrition and hydration

The Practical Component

Students should develop their ability and aptitude in physical activities, demonstrating the skills and techniques outlined below. GCSE specifications in physical education must require students to:

- be assessed in three different activities in the role of player/performer. One of these assessments must be in a team sport/activity, one assessment must be in an individual sport/ activity, with the third assessment being from either a team or individual sport/activity. Students can only be assessed once in any sport or activity
- demonstrate skills in physical activity and sport, applying appropriate technique(s)
- demonstrate and apply appropriate decision making skills, strategies and/ or compositional ideas within physical activity and sport, taking into account personal strengths and weaknesses
- demonstrate ideas and problem solving solutions in spontaneous and/or predetermined ways whilst under pressure in physical activity and sport
- use appropriate physical characteristics/attributes (e.g. strength, stamina, speed, agility, flexibility, coordination) to achieve successful performance in physical activity and sport
- demonstrate psychological control (e.g. arousal, anxiety, aggression) to achieve successful performance (and fair play) in physical activity and sport
- adhere to 'rules', health and safety guidelines, and consider appropriate risk management strategies in physical activity and sport

- analyse and evaluate performance to bring about personal improvement in physical activity and sport
- demonstrate their ability in team sports and activities by:
 - applying team strategies and/or compositional ideas taking account of the strengths and weaknesses of fellow team member(s), as appropriate
 - showing awareness of, and responding to, the actions of other player(s)/performer(s)
 - communicating effectively with other player(s)/performer(s)
 - demonstrating their individual role in achieving the collective outcome

List of Team Activity

Association football (Cannot be five-a-side or futsal)

Badminton (Cannot be assessed with singles)

Basketball

Camogie (Cannot be assessed with hurling)

Cricket

Dance (This can only be used for one activity)

Gaelic football

Handball

Hockey (Must be field hockey, not ice hockey or roller hockey)

Hurling (Cannot be assessed with camogie)

Lacrosse

Netball

Rowing (Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity)

Rugby league (Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby)

Rugby union (Can be assessed as sevens or fifteen a side. Cannot be assessed with rugby league, cannot be tag rugby. This can only be used for one activity)

Squash (Cannot be assessed with singles)

Table tennis (Cannot be assessed with singles)

Tennis (Cannot be assessed with singles)

Volleyball

Specialist activity

Blind cricket

Goal ball

Powerchair football

Table cricket

Wheelchair basketball

Wheelchair rugby

Individual Activity List

Amateur boxing

Athletics

Badminton (Cannot be assessed with doubles)

Canoeing (Cannot be assessed with kayaking, rowing or sculling)

Cycling (Track or road cycling only)

Dance (This can only be used for one activity)
Diving Platform diving
Golf
Gymnastics (Floor routines and apparatus only)
Equestrian
Kayaking (Cannot be assessed with canoeing, rowing or sculling)
Rock climbing (Can be indoor or outdoor)
Rowing (Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity)
Sculling (Cannot be assessed with rowing, canoeing or kayaking)
Skiing (Outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes)
Snowboarding
Squash (Cannot be assessed with doubles)
Swimming (Not synchronised swimming)
Table tennis (Cannot be assessed with doubles)
Tennis (Cannot be assessed with doubles)
Trampolining