



Wigston Academy

GCSE PE 2024 - 2026



Examination Board

OCR – J587

Entry Requirements

- Set 1 for Science
- Set 1/2 for English
- Play at least 1 sport outside of school competitively

What will I be studying?

Component 01: Physical factors affecting performance: Students explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

There are two topics:

- Applied anatomy and physiology
- Physical training.

Component 02: Socio-cultural issues and sports psychology: Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and also how sport impacts on society more broadly. This includes the individual benefits to health, fitness and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

There are three topics:

- Socio-cultural influences
- Sports psychology
- Health, fitness and well-being.

Component 04: Practical performances: Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Component 05: Analysis and evaluation of performance (AEP): Students are required to demonstrate their ability to analyse and evaluate their own or a peers practical performance to produce an action plan for improvement.

How will I be studying?

Lessons are primarily theory based, but whenever possible elements of the course will be taught in a practical environment.

How will I be assessed?

Analysis of Sport (AEP) (10%)

A piece of coursework completed on computer. Analysis and evaluation of performance to bring about improvement in one activity.

Theoretical Assessment (60%)

2 x 1 Hour Exams

Paper 1 (30%) – The human body and movement in physical activity and sport.

Paper 2 (30%) – Socio-cultural influences and well-being in physical activity and sport.

Practical Assessment (30%)

Practical performance in three different activities (one in a team, one as an individual and the third can be either). Each one is worth 10%. Sports must be on the OCR prescribed list.

Where Next?

A wide variety of college courses and apprenticeships - awarding institutions recognise GCSE PE. The transferable skills gained through the course are valuable in a wide range of careers; you will develop a problem-solving approach to your learning, and a capacity to deal with challenging situations as well as building a sound knowledge and understanding of the subject that will be relevant to a whole range of studies. It also gives an insight into the many diverse opportunities that are available within the world of sport. Students often go on to university to study Sports Science, Physical Education or coaching degrees. Possible career options include: PE teaching, Physiotherapy, Sports Coaching/Management, Sports Psychology or Nutrition, Personal Trainer.