

DRAFT



Department
for Education

Physical education

GCSE subject content

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The content for GCSEs in physical education

Introduction

1. The GCSE subject content sets out the knowledge, understanding and skills common to all GCSE specifications in a given subject. Together with the assessment objectives it provides the framework within which awarding organisations create the detail of their specifications, so ensuring progression from key stage 3 national curriculum requirements and the possibilities for development into A level.

Subject aims and learning outcomes

2. This document sets out the learning outcomes and content coverage required for GCSEs in physical education.
3. GCSE study in physical education should be broad, coherent, practical and encourage students to be inspired, motivated and challenged by the subject and enable them to make informed decisions about further learning opportunities and career pathways.
4. GCSE specifications in physical education should equip students with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. This will require them to:
 - develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
 - understand how the physiological and psychological state affects performance in physical activity and sport
 - perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
 - develop their ability to analyse and evaluate to improve performance in physical activity and sport
 - understand the contribution which physical activity and sport makes to health, fitness and well-being
 - understand key socio-cultural influences which can affect people's involvement in physical activity and sport

Subject content

5. GCSE specifications in physical education must enable students to make the connections between theory and practice so that they are able to apply their understanding of the factors that underpin physical activity and sport to improve performance. They will be required to use the technical vocabulary, terminology and definitions associated with the study of physical education.
6. The content sets out the full range of content for GCSE specifications in physical education. Awarding organisations may increase depth, breadth or context within the specified topics to consolidate teaching of the subject.
7. Students will be assessed in two activities in the role of performer.

Scope of study

8. GCSE specifications in physical education should require students to study:

Applied anatomy and physiology

9. 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

Movement analysis

10. 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

Physical training

11. 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, suitability for sport and how fitness is measured and improved
- the principles of training and applying them to a personal exercise/training programme
- how to optimise training and prevent injury
- effective use of warm up and cool down

Use of data

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

13. 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

Sports psychology

14. 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

Socio-cultural influences

15. 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

Health, fitness and well-being

16. 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

Practical performance

17. 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 two different activities in the role of player/performer
- demonstrate skills in physical activity and sport, applying appropriate technique(s)
- demonstrate and apply appropriate decision making skills, strategies and tactics, within physical activity and sport
- demonstrate ideas and problem solving solutions in spontaneous and/or pre-determined ways whilst under pressure in physical activity and sport
- demonstrate appropriate levels of physical ability (e.g. coordination) and fitness within physical activity and sport
- demonstrate their ability to control physiological and psychological parameters (e.g. arousal, anxiety, aggression) to facilitate 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

Assessment

18. Non-exam assessment will contribute to a total of 30% of GCSE specifications, and will be split into the following:

- 20% practical performance where students will be assessed in two different activities in the role of player/performer
- 10% analysis/evaluation/training programme



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