

GCSE: Entry Level PE



Exam Board: OCR

What you will learn

Pupils will study four activities, one team, one individual and then two others of their choice.

Pupils can be assessed as a leader in one of their chosen activities. Pupils may choose to be assessed as a performer in all four activities or they may be assessed as a performer in three activities and then lead in the fourth.

Where pupils choose to be assessed as a leader for one activity they may also perform in that same activity

– e.g. they can be a leader in football as well as a performer in football.

As part of the course content pupils will be taught to:

- develop and apply a range of basic skills and techniques in their chosen activities
- select and apply the skills, tactics/compositional ideas and team skills in their chosen activities.
- analyse their own or another's performance, identifying strengths and weaknesses and suggesting how performance may be improved.
- observe and implement the rules, conventions and safety requirements of the activity.

How will you be assessed

80% Practical performance in 4 sports

20% Performance Analysis

How you will learn

A variety of activities including individual, paired and group work, role plays, presentations, ICT, research and DVDs.

Skills you will develop include:

Independent research, ICT skills, sport science skills, problem solving, decision making, data interpretation, communication skills, data collection and interpretation, programme development, experimentation skills.

GCSE: Sport Science

Exam Board: OCR - Cambridge Nationals

What you will learn

Mandatory

Unit R041: Reducing the risk of sports injuries

Taking part in sport and physical activity puts the body under stress. Students will learn how to reduce the risk of injury when taking part in sport through activities such as warm-ups, and knowing how to respond to injuries and medical conditions in a sport setting are all vital skills within the sport and leisure industry.

This unit is externally assessed through an OCR set and marked 1 hour exam. A sample test can be downloaded from the website, where you can also find past papers and examiner's reports.

Unit R042: Applying principles of training

The role of a coach is to keep their performers in peak condition by monitoring individuals' fitness and designing bespoke training programmes. Students will learn the principles of training and how different methods target different components of fitness.

They will also learn how to conduct fitness tests, interpret the results and design and evaluate fitness programmes. The OCR-set assignment brings this together through demonstration of this knowledge and skills in a practical task.

Optional - 2 of the following topics

Unit R043: The body's response to physical activity

Unit R044: Sport psychology

Unit R045: Sports nutrition

Unit R046: Technology in sport



How you will learn

A variety of activities including individual, paired and group work, role plays, presentations, ICT, research, DVDs, practical work, and exam based on practice questions.

Skills you will develop include:

Independent research, ICT skills, sport science skills, problem solving, decision making, data interpretation, communication skills, data collection and interpretation, programme development, experimentation skills.

Careers

Sport Science is useful in many ways, as a good preparation for the world of work, for A Levels and University, or simply as an enjoyable and interesting subject. Many jobs require the transferable skills and knowledge learnt through Sport Science. It can also be combined with a whole range of other subjects. Examples of areas of further study and employment are:-

Fitness instructor, Personal trainer, Sports coach, PE teacher, Sports therapist, Physiotherapy, Sports development officer, Journalist, Leisure facility manager, Events organiser, Sport psychologist, Sports scientist, Youth development worker to name a few,

Examinations

- RO41 - 1 hr externally moderated exam - 25%
- All other modules assessed through coursework - externally moderate - 25% each module

Cambridge Nationals in Sport Science/Studies:

<http://www.ocr.org.uk/qualifications/cambridge-nationals-sport-science-level-1-2-j802-j812/>

GCSE: Sport Studies

Exam Board: OCR - Cambridge Nationals

What you will learn

Mandatory

Unit R051: Contemporary Issues in sport

It is often said that sport is a reflection of society and, as such, many of the broad issues which affect society are also prevalent in sport. For the same reasons, sport can also be a force for good at local, national and international levels, because of its ability to bring people together.

By completing this unit, learners will explore a range of topical and contemporary issues in sport, relating to participation levels and barriers, the promotion of values and ethical behaviour through sport and the role of high-profile sporting events and national governing bodies in advancing sports' attempts to positively impact upon society and showcase their worth beyond providing entertainment.

This unit is externally assessed through an OCR set and marked 1 hour exam. A sample test can be downloaded from the website, where you can also find past papers and examiner's reports.

Unit R052: Developing Sports Skills

By completing this unit, learners will develop their skills, techniques and use of tactics/strategies/compositional ideas in both an individual and a team sporting activity, as well as their understanding of the rules to allow them to act in a number of officiating roles within an activity. They will also consider the use of different practice methods in order to improve their performance. The unit builds upon the core themes of the National Curriculum for Physical Education in Key Stages 3 and 4 and offers learners the opportunity to refine and showcase skills developed as part of that programme of study.

Optional - 2 of the following topics

Unit R053: Sports leadership

Unit R054: Sport and the media

Unit R055: Working in the sports industry

Unit R056: Developing knowledge and skills in outdoor activities



How you will learn

A variety of activities including individual, paired and group work, role plays, presentations, ICT, research, DVDs, practical work, and exam based on practice questions.

Skills you will develop include:

Independent research, ICT skills, sport studies skills, problem solving, decision making, data interpretation, communication skills, data collection and interpretation, programme development, experimentation skills.

Careers

Sport studies is useful in many ways, as a good preparation for the world of work, for A Levels and University, or simply as an enjoyable and interesting subject. Many jobs require the transferable skills and knowledge learnt through Sport Science. It can also be combined with a whole range of other subjects. Examples of areas of further study and employment are:-

Fitness instructor, Personal trainer, Sports coach, PE teacher, Sports therapist, Physiotherapy, Sports development officer, Journalist, Leisure facility manager, Events organiser, Sport psychologist, Sports scientist, Youth development worker to name a few,

Examinations

- RO51 - 1 hr externally moderated exam - 25%
- All other modules assessed through coursework - externally moderate - 25% each module

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