

Course Aims



To allow students to :

- build on experiences from Key Stage 3 to enhance their knowledge and increase their understanding of the factors that affect performance and participation in physical activity.
- enhance their practical performances in a range of activities.
- address contemporary topics in sport, such as use of performance enhancing drugs, the impact of technology, and the increasing commercialisation of sport.

And so much more!



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Course Outline



Paper 1

75 minutes
78 marks
30% of GCSE

The human body and movement in physical activity and sport

Applied anatomy and physiology

Movement analysis

Physical training

Use of data

Paper 2

75 minutes
78 marks
30% of GCSE

Socio-cultural influences and well-being in physical activity and sport

Sports psychology

Socio-cultural influences

Health, fitness and well-being

Use of data

NEA

Internally assessed
100 marks
40% of GCSE

- 1) Practical performance in **three** different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- 2) Analysis and evaluation of performance to bring about improvement in one activity.



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Links to other subjects

PSYCHOLOGY – theories of arousal, skill development and aggression.

BIOLOGY – the study of anatomy, physiology & biomechanics.

ENGLISH – each exam paper includes extended questions that require you to use continuous prose to succinctly articulate your ability to understand, apply and evaluate.



Holcombe Habits



The 3 main habits developed through studying Physical Education are.....

- **Applying Past Knowledge** – much of the course builds upon learning from KS3 and the wider world of sport.
- **Thinking Interdependently** – your peers are a great source of knowledge and support. Lessons often involve group tasks and the sharing of ideas and opinions.
- **Persisting** – this course is not easy! However if you are willing to work hard and utilise the support offered to you then you will succeed.



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Skills needed to succeed in PE



- To demonstrate persistence and engagement.
- To have effective communication skills – including active listening, oral and written communication, teamwork and individual presentation skills.
- To work both interdependently & independently.
- Have an enquiring mind and an interest in sport.
- Want to evaluate and improve their own sporting performance.



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Career Pathways



Careers in Physical Education:



PE TEACHER

DATA ANALYST

PHYSIOTHERAPIST

DIET AND FITNESS INSTRUCTOR

PERSONAL TRAINER

LEISURE MANAGEMENT



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Top 10 Universities For PE



- University of Exeter
- University of Glasgow
- Loughborough University
- Coventry University
- University of Birmingham
- University of Bath
- University of Surrey
- University of Durham
- University of Aberdeen
- University of Edinburgh



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