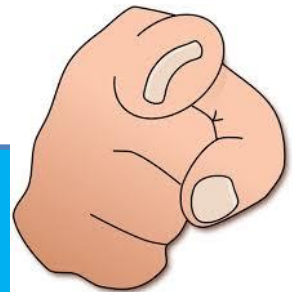


# 9-1 OCR GCSE PE

# Raise your hand if.....

- You enjoy playing sports
- You enjoy playing sport competitively
- You play a sport or sports outside of school
- You have an interest in how the body works, sports participation in the UK and sport psychology
- You are interested in a career within PE and sports

If your hand is still up: OCR PE is for you



# OCR PE 9-1

- **Lessons are 5x per fortnight** - (5 hours)  
3x practical, 2x theory. However, this can alternate.
- We achieved over 78% 4-9 grades in 2019.
- A wider variety of skills covered in practical sports.

# Course Structure

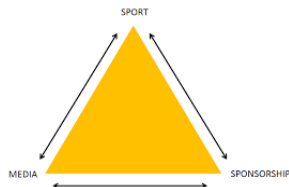
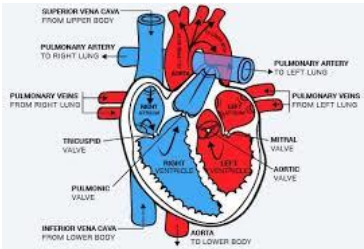
The course is **60% exam, 30% practical and 10% AEP**  
 This includes: **2** exams (30% on paper 1, 30% on paper 2), 3 sports worth 10% each (one must be a team sport, one must be an individual sport and the third can be either team or individual. The final 10% is an analyzing and evaluating performance task.

## Paper 1: Physical factors affecting performance

## Paper 2: Socio-cultural issues and sports psychology

### Unit 1: Anatomy and Physiology

### Unit 1: Socio-cultural influences



### Unit 2: Physical training

### Unit 2: Sports psychology



### Unit 3: Health, fitness and wellbeing



# Team activities

- Association football
- Badminton (doubles)
- Basketball
- Camogie
- Cricket
- Dance(group or pair)
- Gaelic football
- Handball
- Hockey
- Hurling
- Lacrosse
- Netball
- Rowing
- Rugby league
- Rugby union
- Squash (doubles)
- Table tennis (doubles)
- Tennis (doubles)
- Volleyball

# Individual activities

- Amateur boxing
- Athletics
- Badminton
- Canoeing
- Cycling
- Dance
- Diving
- Golf
- Gymnastics
- Equestrian
- Kayaking
- Rock climbing
- Rowing
- Sculling
- Skiing
- Snowboarding
- Squash
- Swimming
- Table tennis
- Tennis
- Trampolining

# Subject expectations

1. Exemplary effort, attainment and progress in subject area.
2. Willingness to show initiative, resilience.
3. Love of learning – enjoyment of the subject.
4. Takes part in sports inside or outside of school in sports teams/clubs.

# Career Pathway

- Physical Education
- Sports Science
- Leisure and Tourism
- Sport and Recreation
- PE Teaching
- Physiotherapy
- Sports coaching
- Personal training
- Profession sports person
- Public services
- Sports therapist



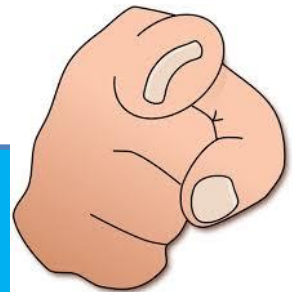


# NCFE Health and Fitness

# Raise your hand if.....

- You enjoy physical activity of some kind
- You are interested in Health and fitness
- You have an interest in how the body works, diet and how to create a fitness programme.
- You are interested in a career within the health, fitness or nutrition industry

If your hand is still up: NCFE PE is for you



# NCFE Health and Fitness

## Introduction

Jubilee  
High School

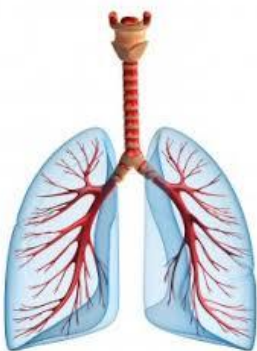
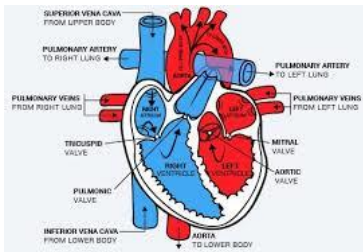
**Lessons are 5x per fortnight** - (5 hours) 2x practical, 3x theory. However, this can alternate.

- We achieved over 93% 4-9 grades in 2019.
- A wider variety of sports covered in practical lessons such as ultimate frisbee, dodgeball and futsal .

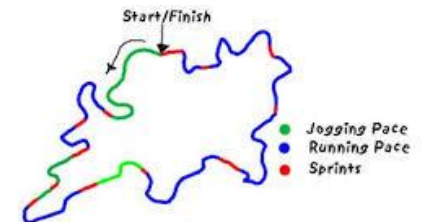
# Course Structure

The course is **40% exam, 60% synoptic assessment project**  
 This includes: **1** exam (1hr 30 minutes) on body systems and principles of training in health and fitness and A synoptic project on preparing and planning for health and fitness.

## Paper 1: Introduction to the body systems



## Unit 2: Principles of training in health and fitness



# Subject expectations

1. Exemplary effort, attainment and progress in subject area.
2. Willingness to show initiative, resilience.
3. Love of learning – enjoyment of the subject.
4. Knowledge of other relevant curriculum areas and why they are applicable to your subject.

# Career Pathway

- Physical education and sport
- Sport studies
- Fitness instructors
- Personal trainer
- Health assistant
- Food and nutrition
- Dietician
- Exercise physiologist
- Leisure centre manager

