



DRAYTON MANOR HIGH SCHOOL

YEAR 10 & 11 COURSES

Subject	Physical Education
Course Level	GCSE
Examining Body	AQA

<p>What will I be studying?</p> <ul style="list-style-type: none">• Applied anatomy and physiology• Movement analysis• Physical training• Health, fitness and well-being• Sport psychology• Socio-cultural influences in sport• Skills during individual and team activities	<p>What skills will I develop?</p> <ul style="list-style-type: none">• The ability to develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance• The ability to perform effectively in different physical activities by developing skills and techniques• The ability to understand the contribution that physical activity and sport make to health, fitness and well-being• The ability to analyse and evaluate to improve performance in physical activity and sport
<p>How will the course be structured?</p> <p>Component 1: Fitness and Body Systems 30% of the qualification</p> <p>Component 2: Health and Performance 30% of the qualification</p> <p>Component 3: Practical Performance 30% of the qualification</p> <p>Component 4: Analysis and evaluation of performance to bring about improvement 10% of the qualification</p>	<p>How will I be assessed?</p> <p>Component 1: Written examination 1 hour and 15 minutes</p> <p>Component 2: Written examination 1 hour and 15 minutes</p> <p>Component 3: Internally marked and externally moderated practical examination</p> <p>Component 4: Internally marked and externally moderated analysis of performance</p>
<p>If you have any further questions about taking this course, who should you speak to?</p> <ol style="list-style-type: none">1. Your PE/Games Teacher2. Head of Physical Education – Mr Vassie	