

# GCSE PE & NCFE in Health and Fitness

Mrs S Edwards

# Why choose Physical Education?

By choosing Physical Education you will be taking your first steps into the sports industry.

The sports industry offers a wide and varied spectrum of jobs and careers such as...





**Sports coaching**



**Nutrition**



**Sports therapy**



**Performance analysis**

# What will I learn?



We are offering the possibility of two different PE courses.

There is an overlap on the content that is covered as both will focus on how the body works, the effects of exercise and how training principles and methods can be employed most effectively to improve health, fitness and performance.

The GCSE course will also look at sports psychology and the socio-cultural aspects of sport

# What topics will I study?

## GCSE

- Anatomy and physiology
- Effects of exercise
- Socio-cultural influences
- Health and fitness
- Sports psychology

## NCFE

- Anatomy and physiology
- Effects of exercise
- Health & fitness
- Principles of training
- Training methods
- Fitness testing

# Qualification overview

## OCR Physical Education

Content Overview	Assessment Overview
<p><b>Unit 1: Physical Factors Affecting Performance</b></p> <ul style="list-style-type: none"> <li>Skeletal System</li> <li>Muscular System</li> <li>Lever System / Planes &amp; Axes</li> <li>Cardiovascular System</li> <li>Respiratory System</li> <li>Effects of exercise on Body Systems</li> <li>Components of Fitness</li> <li>Principles &amp; Types of Training Methods</li> </ul>	<p><b>Written exam paper: 1 hour</b> <b>30% of total qualification (9-1)</b> <b>60 marks</b></p> <p>This paper will consist of a mixture of multiple choice, short answers and extended responses.</p>
<p><b>Unit 2: Socio-Cultural Issues and Sports Psychology</b></p> <ul style="list-style-type: none"> <li>Sport in the UK</li> <li>Participation in physical activity</li> <li>Commercialisation of sport (Media)</li> <li>Ethics in sport</li> <li>Drugs &amp; Violence in sport</li> <li>Sport Psychology</li> <li>Health, Fitness &amp; Wellbeing</li> <li>Diet &amp; Nutrition in sport</li> </ul>	<p><b>Written exam paper: 1 hour</b> <b>30% of total qualification (9-1)</b> <b>60 marks</b></p> <p>This paper will consist of a mixture of multiple choice, short answers and extended responses.</p>
<p><b>Unit 3: Practical Performances</b></p> <p>This component will assess the core and advanced skills in <b>three</b> activities taken from the approved list:</p> <ul style="list-style-type: none"> <li>One 'individual' sport</li> <li>One 'team' sport</li> <li>One of either or above</li> </ul> <p>Students will have to demonstrate all skills in both isolation drills and competitive scenarios</p> <p><i>There will be a residential rock-climbing trip taking place during the course which will incur a cost (approximately £150)</i></p>	<p><b>Practical assessment</b> <b>30% of total qualification (9-1)</b> <b>60 marks</b></p> <p>This NEA requires students to demonstrate good level of performance in their 3 sports, and are expected to be participating in <b>at least 2 of the sports outside of school to a competitive level.</b></p> <p>** Minimal practical work will be carried out in lesson time **</p> <p>Some sports will require filming evidence to be collected which is the student responsibility to do outside of school by the end of Year 10.</p>
<p><b>Unit 4: Analysis and Evaluation of Performances</b></p> <p>This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.</p>	<p><b>Coursework assessment</b> <b>10% of total qualification (9-1)</b> <b>20 marks</b></p> <p>Coursework will consist of a written task that must be produced under controlled conditions, and will have <b>14 hours</b> to complete this.</p>
<p><b>Summary:</b> Two exams, one piece of coursework and practical assessment. Assessed grades 1-9</p>	

## NCFE Health & Fitness

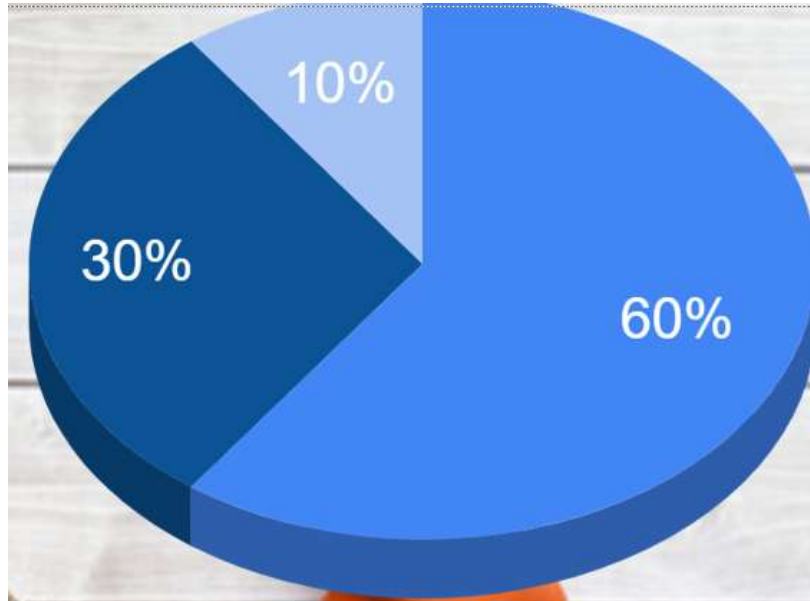
Content Overview	Assessment Overview
<ul style="list-style-type: none"> <li><b>The Structure of the Body Systems</b> <ul style="list-style-type: none"> <li>Skeletal System</li> <li>Muscular System</li> <li>Respiratory System</li> <li>Cardiovascular System</li> <li>Energy Systems</li> <li>Effects of exercise on body systems</li> </ul> </li> <li><b>Effects of Health and Fitness Activities on the Body</b> <ul style="list-style-type: none"> <li>Long term effects of exercise</li> <li>Short term effects of exercise</li> <li>Optimising a Health and Fitness Programme</li> </ul> </li> <li><b>Components of Fitness, Testing and Training</b> <ul style="list-style-type: none"> <li>Components of Fitness and Skill</li> <li>Principles of Training</li> <li>Fitness Testing</li> <li>Training Methods</li> </ul> </li> <li><b>Preparing a Training Programme</b> <ul style="list-style-type: none"> <li>Components of Fitness and Skill</li> <li>Principles of Training</li> <li>Fitness Testing</li> <li>Using data</li> <li>Training Methods</li> <li>Lifestyle</li> <li>Rest and Recovery</li> <li>Goal Setting</li> <li>Structuring a programme</li> </ul> </li> </ul>	<p><b>Written exam paper: 90 mins</b> <b>40% of total qualification (L1P-L2D*)</b> <b>80 marks</b></p> <p>This paper will consist of a mixture of multiple choice, short answers and extended responses across all areas of study.</p>
	<p><b>Coursework Assessment</b> <b>60% of total qualification (L1P-L2D*)</b> <b>88 marks</b></p> <p>Coursework is 22 hours and will consist of a written task that is produced under controlled conditions based on constructing a training programme.</p>
<p><b>Summary:</b> One exam, one piece of coursework. Assessed grades, Level 1 Pass - Level 2 Distinction*</p>	

# Assessment overview GCSE

## Internal Assessment

(with external moderation)

- Practical performance across three different sports throughout the course but final grades in Yr11



## External Assessment

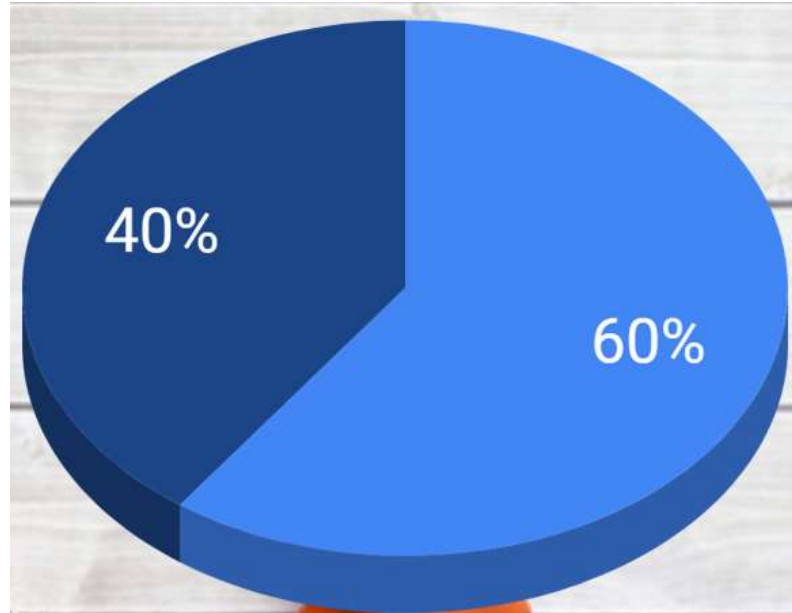
- Two written exams of 60 marks each (60%) in Yr11
- Performance analysis portfolio (10%) in Yr10



# Assessment overview NCFE

## External Assessment

- Unit 1
  - Written exam
  - 80 marks available
  - 1 hour 30 minutes
  - Multiple choice, short and extended responses
- (Yr11)



## Internal Assessment







- Unit 2
- Synoptic project
- 21 hours supervised
- Coursework (Yr 11)



# To be successful, you must

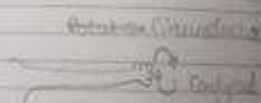


- An excellent work ethic - all work must be caught up on if you are absent.
- To complete all homework and classroom to the best of your ability.
- You must contribute in lessons, discussions / questions.
- You need to keep your book neat, tidy and take pride in your work.
- Every lesson you need your tools for learning, exercise book, handbook and any homework that you have been set.

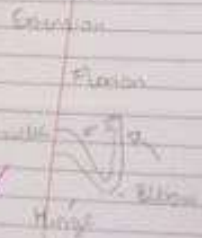
Ball and socket	Flexion Extension Abduction Adduction			Catching in cricket
Compound	Flexion Extension Abduction Adduction			Bowling in cricket
Sliding	Sliding movement			Basketball shooting



Flexion Extension



Abduction Adduction



Flexion



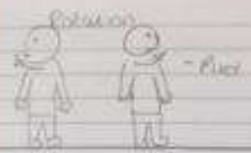
Abduction



Adduction

Ball and socket

Ball and socket



### Major Skeletal Muscles

Anterior - Front of your body

Posterior - Back of your body

### Type of Muscles

All - The three types of muscles in the body are skeletal/voluntary, involuntary and cardiac.

Most - The skeletal muscles give our body a structure, the involuntary travels blood and food but we can't control them.

Some - The skeletal muscles give our body shape and we can control it but we have to think about it. The involuntary travels blood, oxygen and food around the body, however we can't control them. The cardiac muscles keeps the heart beating and it works without us thinking about it.

① in order to do it.

21/09/17

## ASSESSMENT

What is good health and how is it possible to achieve and maintain this?

PLAN:

3 MARKS

Intro - What is fitness? Use definition. Discuss

Main - Discuss how why certain fitness exercises improve mood, reduce anxiety. Different components. E.g. Strength, cardio. Smoking, alcohol reduce your life expectancy, poor nutrition and no family makes make health harder to maintain this YOU NEED to keep up with fitness however no drugs as well

Can  
Answer

CONCLUSION Overall, I think ...

that → no smoking etc. doing fitness is crucial

Two bits

Fitness and health are 2 of the most important components of a healthy lifestyle however similar they may seem they are really very different. Health is all about keeping in good condition, which comes from nutrition. Also keeping in good for social & physical and mental condition. Whilst fitness is all about exercise and keeping your body in shape by doing physical activity

Keep  
in mind  
to mention this

Doing exercises to keep up good health is very important, also not doing certain things is crucial. Your health will rapidly decline if you don't listen to recommendations and make

the decision of doing preforming enhancing drugs and other drugs. These may include Marijuana and cannabis that may effect your brain performance, making you nervous or quite the opposite very aggressive. Also smoking can equally bring lungs into major issues such as lung cancer, chronic breathing issues. Also smoking can effect liver and the heart. Of course alcohol can massively cause problems too. Doing physical activity is crucial due to it releasing certain glues in the body which improve your mood which links back to having good fitness will improve health.

Chronic  
Cancer

Liver  
Alcohol

Finally I would advise people to try to the best of their abilities to keep good health. Do this by keeping to the alcohol recommendations, no drugs, don't smoke. So believing in these will overall help you to live a longer life and help you feel physically better.

A GOOD EXAMPLE OF A CONCLUSION PARA.

HOW WOULD YOU WANT GOOD HEALTH TO  
AFFECT YOU AND YOUR FRIENDS & FAMILY?

HOW CAN EXERCISE IMPROVE YOUR MIND & REDUCE  
STRESS LEVELS?

20/09/17

- 1) Being healthy helps you to feel better and in a better mood - making you a nice person to be around, also doing sport helps you to meet new people.
- 2) When you exercise endorphins are released by the body which increase your mood and overall health also help to reduce stress levels.



### Concussion

- Affects how your brain works.
- It can make you feel very tired & can't concentrate.
- Some people have other chemicals and affects.

### Artistic Sports

- They may help sports players train harder and longer.
- They may help faster recovery.
- They can make some users feel paranoid and stressed.
- They can sometimes cause unwanted changes in appearance.

### ✓ Co-ordination

- It helps control & balance because you need friends and they should be supportive.

### Family Life Education

- Family should be supportive and motivate you.

### Health Related Fitness

- More you exercise, the fitter you will be.

### Nutrition

- ✓ Need to eat the right foods to be in good health.

### Safety

- o If you have injuries they get worse or they might heal over time.

### Personal Hygiene

- o Cleanliness is important because you don't want to smell bad the next day.

### Environmental Aspects

- o Keeping the environment safe and clean.
- o Keeping yourself safe.

### Psychological Factors

- o It can be stressful and emotional as GCSE but keep busy and shouldn't be.

21/04/17

### Assignment

What is good health and how is it possible to achieve and maintain this?

### Planning Space - 7-9 @ 10:00-11:00

Good  
Yours self  
More space  
we run

Intro - What is health and fitness?

Difference between the 2!

Then - Good health = proper diet and nutrition, no smoking or alcohol as runs your system. Supportive and motivated family and friends.

Concluding - Link to physical activity and explain different components that affects the health of an individual.

Great  
written

Health is a state of physical, mental and social well being. Fitness is a good nutrition and diet, of the result of exercise and a proper health. The difference between the two is that fitness is all about your exercise, diet and activity and health is what you want to do everyday life like smoking, alcohol and drugs.

creative exercise



Understand that the link between health and diet. not always trying to eat healthier because it could make you ill.

Nutrition

Factors Affecting General Health

Safety in Different Environments  
 Home on the roads, at school, work and during leisure activities.

Sex Education

Deals with an individual's physical, emotional and social development.

Family Life Education

Values of a family, social group, tradition.

Health Related Exercise

The importance of exercise, how healthy it will make you.

Smoking

Short term effects - respiratory infections, smell, bad breath  
 Long term effects - increase in risk of getting lung cancer, heart disease and chronic bronchitis, yellow teeth, yellow fingers!  
 BY LAW - each packet must carry a warning: health warning



Alcohol

Short term effects - Drunkenness, vomiting, lack of coordination  
 Long term effects - Severe damage to liver, muscles and heart as a result, damage to the immune system.

Factors Affecting General Health

Prescription Drugs

Illegal substances such as marijuana and heroin, prescription drugs. Cannabis affects how your brain works, makes you feel anxious and even paranoid. Difficult to concentrate, learn less motivated, impaired memory.



Performance Enhancing Drugs

Performance enhancing drugs such as Anabolic Steroids - easier recovery from injury, Paralytic, urinary aggression of liver, violent mood swings.

Red, bad  
 Green, Good

HIEVE

g's Academy  
 spect

# What else do I need to know?

- **There are very few practical sessions in either course.**
- For the GCSE course, you are expected to practice your sports after school in extra practical sessions and take part in school teams.
- For the NCFE course, you are not assessed on your practical ability though high effort throughout practical sessions is essential.

# Next steps & Enrichment opportunities



- **OCR GCSE specification:** <https://www.ocr.org.uk/Images/234822-specification-accredited-gcse-physical-education-j587.pdf>
- **NCFE Health & Fitness specification:** <https://www.qualhub.co.uk/media/19710/603-2650-5-qualification-specification-version-25.pdf>
- **Careers in the sports industry:** <https://www.uk sport.gov.uk/jobs-in-sport>

Questions?

