

F I N A L



GCSE Physical Education

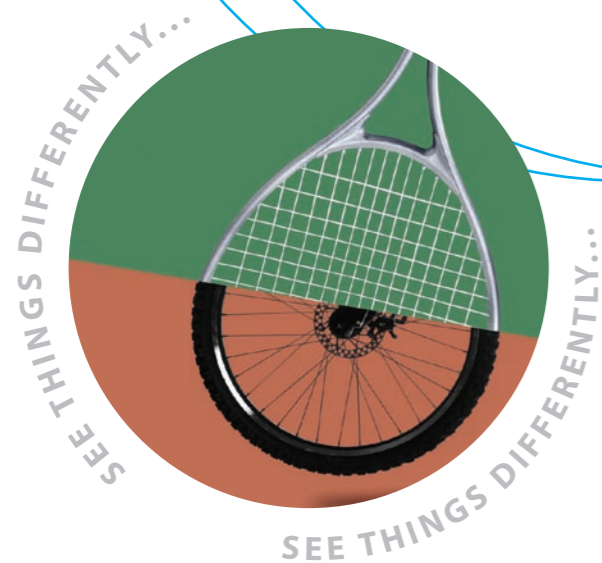
The great thing about our GCSE PE specification is that it encourages learners to develop and maintain an active, healthy lifestyle, which can help them with their creativity and decision-making skills in PE.

The new
OCR GCSE
PHYSICAL
EDUCATION

www.ocr.org.uk/pe/newgcse

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An introduction to GCSE PE

We've added more practical activities, including coaching and officiating, karate, tae kwon do, resistance training, rowing, mountain biking, snowboarding and surfing. This is more motivating for your learners as sport interests that they follow both inside and outside of school can be included and assessed.

Further benefits for you and your learners:

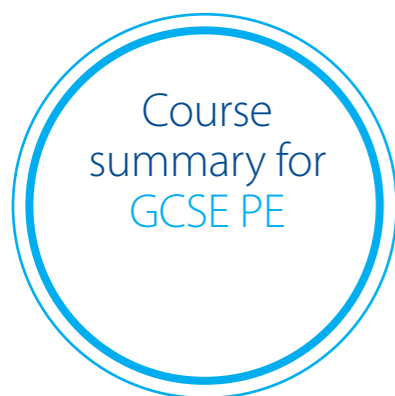
- The option of teaching assessments in January and June in each year of study, giving you and your learners greater flexibility.
- One concise specification, with the flexibility to cover GCSE short course and full GCSE requirements. It also provides for both 'PE' and 'PE: Games' options within the practical assessment. This offers you more flexibility and means you can offer a course which suits the learning style of your learners. This flexibility also lends itself to innovative and interesting curriculum combinations.
- Generic assessment criteria to use with all practical performance activities, alongside activity-specific criteria.
- Multiple-choice questions as part of the assessment for Units B451 and B453.
- A focus on balanced, healthy lifestyles, and the role of diet, work and rest regimes has a beneficial cross curricular impact as learners appreciate how to look after their physical well-being.
- A full support package has been designed to save you preparation time and to increase your confidence in teaching and marking the new specification. You can find out more about our support package on page 8.

Making GCSE changes easier

We want to make it as easy as possible for you to manage the changes to our GCSE PE specification. To minimise disruption, we will:

- Guide you through the simple process of moving to OCR for teaching PE.
- Provide a range of PE support materials, including schemes of work and sample assessment materials.
- Make our PE publisher resources – tailored to the new specification – available way ahead of when you first start teaching the new specification.
- Keep you fully up to date, with our *Focus on 14–19* magazine, and online at www.GCSEchanges.com.

We've involved teachers throughout the development process, so the new specification, support materials and schemes of work should provide everything you need to teach our GCSE PE.



Course summary for GCSE PE

We've summarised the course details and the assessment objectives for GCSE PE.

Unit title and description	Assessment and duration	Weighting (including short course weightings)
B451: An Introduction to Physical Education Areas covered: <ul style="list-style-type: none"> • Key concepts in Physical Education. • Key processes in Physical Education. • Opportunities, pathways and participation in physical activity. 	External examination 1 hour 60 marks – 15 marks for multiple choice section, 45 marks for structured questions.	20% full course 40% short course Available Jan and June, from Jan 2010
B452: Practical Performance and Developing Fitness <ul style="list-style-type: none"> • Two practical performances. • Analysing lifestyle task. • Coaching and officiating available. • Option to apply for additional activities. 	Controlled assessment 60 marks Centre assesses learners in their practical performances and Analysing Lifestyle task. An appointed moderator checks the accuracy of assessment through visiting moderation.	30% full course 60% short course Available June only, from June 2010
B453: Developing Knowledge in Physical Education Areas covered (building on knowledge gained in Unit B451): <ul style="list-style-type: none"> • Developing skills, techniques and motivation. • Developing physical and mental capacity. • Informed decision making using the principles of training and safe exercise. • Opportunities, pathways and participation in Physical Education. 	External examination 1 hour 60 marks – 15 marks for multiple choice section, 45 marks for structured questions.	20% full course Available Jan and June, from Jan 2010
B454: Practical Performance and Developing Skill <ul style="list-style-type: none"> • Two practical performances. • Analysing performance task focusing on skill improvement. • Coaching and officiating available. • Option to apply for additional activities. 	Controlled assessment 60 marks Centre assesses learners in their practical performances and Analysing Performance task. An appointed moderator visits and checks the accuracy of assessments.	30% full course Available June only, from June 2010



What changes, and what stays the same?

While we've made some important changes and improved our GCSEs, we haven't changed everything. Here you can see which aspects of GCSE PE are changing, and which will stay the same.

	What changes?	What stays the same?
Structure	<ul style="list-style-type: none"> • The specification now consists of four units. • There are now two question papers, although the combined duration is very similar to the current examination. • The practical aspect has been divided into two units. • Short course learners can be assessed in all activities. 	<ul style="list-style-type: none"> • A strong focus on practical performance. • Four practical activities for full course GCSE learners. • Two practical activities for short course GCSE learners.
Content	<ul style="list-style-type: none"> • New activities are now available for assessment (including coaching and officiating). • Less emphasis on risk assessment. • More emphasis on socio-cultural factors in participation, such as local and national provision. • Focus on balanced, healthy lifestyles and the role of diet, work and rest regimes. • Targeting physical activity for maximum effect. 	<ul style="list-style-type: none"> • A comprehensive list of activities available for assessment. • Coverage of key aspects of anatomy and physiology. • Understanding the key factors influencing participation and performance. • Motivation and mental preparation. • Components of fitness. • Characteristics of skill.
Assessment	<ul style="list-style-type: none"> • Two written examinations featuring multiple-choice, short and extended answers. • Learners can sit examinations in both January and June and at the end of the first year. 	<ul style="list-style-type: none"> • Structured question papers, improved but similar in format to our current GCSE written examination. • Practical activities still internally assessed and externally moderated.

Assessment objectives

The assessment objectives are designed to reflect the non-statutory guidelines for PE. Learners are expected to demonstrate the following in the context of the content described:

- AO1** • Recall, select and communicate their knowledge and understanding of physical activity.
- AO2** • Apply skills, knowledge and understanding of physical activity.
- AO3** • Analyse and evaluate physical activity, and identify action to bring about improvement.

GCSE PE Short Course

PE is available as a GCSE Short Course, equivalent to half a GCSE. Benefits of a short course include:

- There are only two units to complete.
- Learners who are interested in PE, but don't have the time to study a full GCSE course, have more learning options.
- Learners can study a wider range of subjects.
- Timetabling for shorter courses can be easier for you.
- More able learners can complement their studies by taking the PE short course as an additional subject.
- The PE short course offers more flexibility – learners can study it over one or two years.
- It helps you reach Government targets for timetabled physical activity.
- It encourages learners to enjoy a healthy, active lifestyle.
- The written examination is shorter and more easily accessible for learners.

Controlled assessment – your questions answered

What are the benefits of controlled assessment?

The benefits of controlled assessment include:

- Improved reliability and validity
- Greater confidence in authenticating learners' work as their own
- Greater ease in fitting assessments into your normal teaching programmes.

How will controlled assessment be introduced?

Controlled assessment is embedded in the specification and will be introduced when the specification becomes available for teaching in September 2009.

How will it affect my workload?

With the introduction of a new qualification and a new model of assessment (controlled assessment) it is possible that some additional work will be required in the first year of teaching controlled assessment until you get used to the new way of working.

Will it affect timetabling and curriculum planning?

This will vary from centre to centre. For example, if you are retaining a linear model then all you need to do is to ensure that the learners have completed all units (full course) by the end of the course. Following a unitised approach may allow a more flexible approach to assessment.

What is controlled assessment?

Controlled assessment is coursework in a supervised environment/classroom and will be replacing coursework from September 2009 for GCSEs. This has been introduced by QCA, to address some of the issues raised in coursework reviews, such as plagiarism.

Who will set the tasks of the controlled assessment for PE and will I still need to mark it?

- **Task setting** – we specify the skills, techniques and level of attainment expected in each part of the assessment. Learners have to perform in a suitable scenario or context in order to demonstrate these skills.
- **Task taking** – teachers supervise learners, and take responsibility for the accuracy of the practical assessment.
- **Task marking** – work is centre marked and OCR moderated. One of our moderators will visit each centre, and moderate the accuracy of its assessments.

How long do I need to keep the controlled assessment for?

This will be governed by the awarding bodies Joint Council for Qualifications' (JCQ) regulations when they are published, please visit www.jcq.org.uk for more information. It is expected that learners' work will need to be kept until all possible post results services have been exhausted.

When can controlled assessment start – in Year 9, 10 or 11?

Controlled assessment can start in Year 9, 10 or 11. However it is important that you ensure the correct controlled assessment task is given. We recommend you check the full specification details for the GCSE PE qualification you will be teaching before planning assessment schedules.

Can I still teach a short course over two years?

Yes, but you will need to be familiar with the rules regarding subjects with controlled assessment.

Can we submit learners for exams in any exam session now?

Yes, but you need to be aware of the 40% terminal assessment rule, which is detailed in the specification.

If learners are entered for re-sits, which marks are considered? Latest or highest?

Learners can re-sit each unit once and can count the highest mark.

Flexible assessment

Assessment for the new GCSE in PE has been organised into units, which can be taken at the end of the course in typical linear fashion, or used to complement a more unitised approach to teaching and learning.

This means you can have the flexibility to choose the assessment approach best suited to your centre, and your learners. A unitised structure also gives you the flexibility to teach short and full courses at the same time.

Flexible assessment means:

- You have a choice of learning approach – linear or unitised.
- You can now schedule assessments for times during the course when learners' understanding is at its best – giving them a better chance of success.
- Learners can re-sit a unit, rather than repeat the entire assessment.
- Learners can receive ongoing feedback, which many find motivating, as it helps them identify their own learning needs and achieve more.
- Learners find it easier to stay on track with their studies and manage their time more effectively with a unitised approach.
- There's less pressure on your learners – the 'all or nothing' approach to assessment has been removed.
- Exam stress is reduced – assessments are spread out, instead of grouped together in a short, intense examination period at the end of the course.
- With a similar format to A Levels and Diplomas, GCSEs will help prepare learners for the next phase of their education.

To ensure that the assessment supports the coherence of the GCSEs and there is no over-assessment, QCA has put two rules in place:

- A minimum of 40% of the assessment must take place at the end of the course.
- Only one re-sit of each assessment unit is allowed. The better result then counts towards the qualification.



Support for GCSE PE teachers

We offer a range of PE support materials, developed through extensive research and consultation with teachers. They're designed to save you time while you're preparing for the new specification, and to support you while teaching.

Our PE support materials and events include:

- **FREE** INSET training sessions
- Schemes of work that you can customise
- Endorsed publisher partner resources
- Access to teacher and examiner networks both online and in print
- An extensive past-papers service
- Lesson plans
- Posters and card visuals
- Teacher planner.

Our online resources include:

- e-communities – online networks of subject specialists, for sharing knowledge, views and ideas
- 'Interchange' – a completely secure, free website that helps you and your exams officer with administrative tasks at examination time
- Past examination papers
- Mark schemes
- Subject e-alerts – for you to register for updates.

For more information on our support, visit www.ocr.org.uk



INSET Training

Our **FREE** PE *Get Ready* and *Get Started* events give you a taste of the new specification direct from the experts. For details of the courses and dates near you and to book your **FREE** place, visit www.ocr.org.uk/training

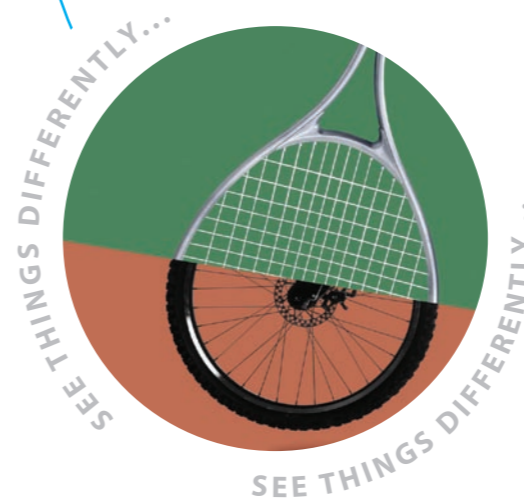
Get Ready – introducing the new specification

This course will help you find out more about the new PE specification, whether you are a new or experienced teacher. It's open to you, even if you don't teach the current specification.

It's a **FREE** half-day session, with refreshments and a light buffet. You'll receive a selection of course materials and an overview of our new specification for GCSE PE.

The session includes:

- A look at the new structure, content and assessment methods
- A comparison between the old and new specification content
- An introduction to the support and resources available from us
- A summary of the benefits of choosing our new GCSE PE specification.



INSET Training

Get Started –
towards successful delivery of the new specification

This course will help you, whether you are a new or experienced teacher or a centre assessor who will be teaching this PE specification.

It's a full-day course which will provide essential information, guidance and practical support for newly qualified teachers or teachers new to the OCR GCSE in PE.

It will:

- Explain the requirements of the specification
- Review the assessment criteria and their application
- Explain the requirements of the assessment process
- Review exemplar candidate work
- Offer advice on preparing learners for external assessments
- Explain the administrative procedures.



Publisher support

We endorse a range of publisher materials to provide quality support for centres delivering our qualifications. You can be confident that materials branded with OCR's 'Official Publishing Partner' or 'Approved publication' logos have undergone a thorough quality assurance process to achieve endorsement.

These endorsements do not mean that the materials are the only suitable resources available or necessary to achieve one of our qualifications. Any resource lists which are produced by us will include a range of appropriate texts.

For our PE GCSE we're working with publisher partner Hodder Education to provide further resources to support your teaching of the new specification.

Hodder Education will be publishing brand new resources, which include significant input from the team who developed the new PE specification. *OCR PE for GCSE Student Book* (John Honeybourne) and *OCR PE for GCSE Dynamic Learning Network Edition CD-ROM* (John Harrod) will offer practical support for both you and your learners.

Written in a clear and accessible style, the resources will give your learners the information they'll need to understand Anatomy and Physiology, Acquiring Movement Skills and Contemporary Issues – and to apply their understanding at this level. They will also give you support for controlled assessment, and exemplar examination material.



Resource	Format	Samples available from	ISBN No.
OCR PE for GCSE Student's Book	Paperback	September 2008	978 0340 98330 0
OCR PE for GCSE Dynamic Learning Network Edition CD-ROM	CD-ROM	Spring 2009	978 0340 98329 4

For the latest information on published resources, please visit www.ocr.org.uk/pe/newgcse and select 'published resources' from the right-hand menu.



Why choose OCR?

Who is OCR?

We're one of the UK's leading Awarding Bodies, developing up-to-date GCSE qualifications for the 21st century.

Why teach OCR specifications?

At OCR, we believe in developing specifications that help you bring the subject to life, so learners are more likely to get involved and achieve more. And because we listen to schools and colleges that teach our specifications, we can improve and update qualifications continually, ensuring you and your learners get as much as possible from the qualification.

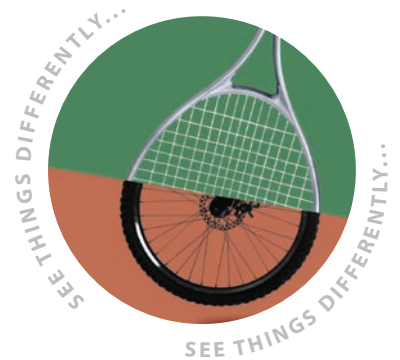
You'll receive full support when teaching our qualifications. We're offering more free training than ever before at venues near you – plus adaptable schemes of work you can download, and lesson plans drawn up by teachers who teach the specification.

You'll also have access to cluster support networks and e-communities, where there are plenty of opportunities to give feedback and share your thoughts with other teachers. Please see page 8 for more information.

Other qualifications

You may be interested to know about some of our other PE related qualifications:

- A Level PE
- OCR Nationals in Sport
- Diplomas in Sport, Levels 1 and 2
- OCR Nationals in Leisure, Travel and Tourism.



www.ocr.org.uk OCR customer contact centre

Vocational qualifications

Telephone: 024 76 851509
Facsimile: 024 76 421944
Email: vocational.qualifications@ocr.org.uk

General Qualifications

Telephone: 01223 553998
Facsimile: 01223 552627
Email: general.qualifications@ocr.org.uk

OCR

1 Hills Road, Cambridge CB1 2EU
Telephone 01223 552552
Facsimile 01223 553377



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