



Physical Education

GCSE 2012

Physical Education

Teachers' Handbook

J586/J086

Version 1

September 2012

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Introduction

OCR's GCSE in Physical Education entered first teaching in September 2009.

We have improved the quality of our GCSEs for teachers and students alike. We've made improvements in two key areas: updated and relevant content and a focus on developing students' personal, learning and thinking skills.

In addition and in response to reforms announced by the Government and in response to Ofqual mandated changes to GCSEs, unitised assessment of this qualification is being replaced by linear assessment from September 2012. This means that candidates commencing a two year course from September 2012 will take all of their GCSE units at the end of the course in June 2014.

The main changes are:

- The opportunity will be taken to bring course content up to date
- The format of the OCR GCSE Physical Education examinations will remain the same as in the unitised specification
- All GCSEs will meet the requirements of the Equality Act.

OCR offers a range of support materials, developed following extensive research and consultation with teachers. We've designed them to save you time when preparing for the new specification and to support you while teaching them. It is important to make the point that this Teachers' Handbook plays a secondary role to the specifications themselves. The GCSE Physical Education specification is the document on which assessment is based: it specifies what content and skills need to be covered. At all times therefore, the Teachers' Handbook should be read in conjunction with the Specification. If clarification on a particular point is sought, then that clarification must be found in the Specification itself.

Subject specific guidance

Delivery

Candidates starting a two year course from 2012 will take all of their units in the same series that they will certificate for the qualification. Examinations will now only be available during the June series.

Centres are still able to schedule controlled assessment tasks, as appropriate, at any point during the academic year, but candidates can only be entered for controlled assessment units at the end of the course, in the series that the candidate is certificating.

Resources

Units B451 and B453: A resource list for teachers

Text book:

OCR PE for GCSE by John Honeybourne. ISBN: 9780340983300

Books

OCR PE for GCSE – Teacher Resource Pack John Honeybourne (2009) Hodder Education

Sport Examined - Beashel, P & Taylor, J (1996) Macmillan Education Ltd. [0-333-35435-4]

The World of Sport Examined - Beashel, P & Taylor, J (1997) Thomas Nelson & Sons Ltd. [0-17-438719-9]

Examining Physical Education - Bizley, K (1996) Heinemann [0-43-550653-6]

Fundamentals of Health and Physical Education - Eshuys, J, Guest.V, & Lawrence, J (1990) [0-435-13000-5]

PE to 16 - Fountain, S & Gee, L. (1996) Oxford University Press [0-19-913380-8]

Physical Education through diagrams - Gallagher, R, Fountain, S & Gee, L. (1997) Oxford University Press [0-19-913399-9]

Sports Science - Hawkey, R. (1991) Hodder and Stoughton [0-34-052523-1]

Sport and Physical Education, A complete guide to GCSE - Hodgson, B (1998) Hodder and Stoughton [0-34-070490-X]

PE Essentials - Neate, D (1996) Feltham Press [0-95-207432-X]

Royal Navy Action Packs

DVDs

Ten Reasons to Get and Stay in Shape BOULTON & H; ISBN DVD

Speed for Sports Performance DVD CISSIK; ISBN 9780736065252

Flexibility for Sports Performance DVD FREDERICK; ISBN 9780736064224

Strength Ball Training 2e + DVD GOLDENBERG; ISBN 9780736066976

Strength for Sports Performance DVD (RRP £19.99) HEDRICK; ISBN 9780736064217

Websites

www.ocr.org.uk Assessment related information including the specification, specimen assessment materials, sample schemes of work, lesson plans and a guide to controlled assessment.

www.curriculum.qca.org.uk/ Website providing resources, teaching guidance and ideas, information from National Curriculum teacher handbooks, and non-statutory guidelines, offered by the Qualifications and Curriculum Authority.

www.nhs.uk, www.food.gov.uk, www.direct.gov.uk, www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/index.htm & www.nhs.uk/Change4Life Information concerning the latest government healthy living initiatives.

www.bbc.co.uk/health Features current news plus archives, guides by subject, "Ask a Doctor" inquiry feature, a searchable conditions database, message board, and much more.

www.bbc.co.uk/science/humanbody An interactive website which allows students to drag and drop muscles and bones into place. There is detailed information on muscles and bones and explanations as to their role and function.

www.bbc.co.uk/gcsebitesize A secondary school revision resource for students studying their GCSEs featuring written content, interactive content, audio, video and games.

www.teachpe.com A comprehensive Physical Education website covering all aspects of the course. Be sure to select 'intermediate' level as this website also contains a great deal of information for A-level study. This website is particularly useful for aspects of anatomy and physiology and the short and long term effects of exercise on the body.

www.educationforum.co.uk The Education Forum provides free learning resources for teachers and students. You are able to access, print and download extracts for your use.

www.volunteering.org.uk Volunteering England works to promote volunteering as a powerful force for change, both for those who volunteer and for the wider community.

www.volunteerscotland.org.uk Website promoting and facilitating volunteering in Scotland. Providing information on the social and personal benefits volunteering can bring.

www.volunteering-wales.net Website providing information about the benefits and implications of volunteering, and advice about some of the things you need to consider when volunteering.

www.volunteering-ni.org Website promoting and facilitating volunteering in Northern Ireland. Useful guide to what volunteering entails.

www.brianmac.co.uk A sports coach website which contains an expanse of material relating to methods and principles of training as well as goal setting, motivation and other psychological aspects. This is not aimed specifically at GCSE students so be aware that some of the material will be A-level standard.

www.sportsinjuryclinic.net A useful website detailing causes, symptoms and treatments for a wide variety of sporting injuries. It also has some useful diagrams of isolated muscles and their attachments.

www.abacon.com/dia/exphys/home.html Coloured diagrams of the circulatory and respiratory systems.

www.bhf.org.uk Information about how to keep your heart healthy, 3d animation of a beating heart and information about various heart issues.

<http://info.cancerresearchuk.org/> This new Cancer Research UK website is a one-stop-shop for all of your cancer information needs. It includes information on how you can live healthily, and much more.

www.talktofrank.com A to Z list of substances explains appearance and use, effects, chances of getting hooked, health risks and UK law. Includes information on peer pressure.

www.sportengland.org Detailed website relating to sponsorship in sport, includes case studies and information about how to gain sponsorship and local and national provision.

www.uksport.gov.uk Detailed website, includes information about Lottery Funding and the latest initiatives in UK sport.

www.youtube.com Great site for clips of different sporting action and injuries. Please remember that the content on this site is not edited and therefore it is advisable to download the content in advance.

www.pponline.co.uk A useful website for training methods and principles of training. Covers sport specific and general fitness. Great video clips of training sessions. Also useful for sports nutrition and injuries.

Other forms of Support

In order to help you implement the new GCSE Physical Education Specification effectively, OCR offers a comprehensive package of support. This includes:

Published Resources

OCR offers centres a wealth of quality published support with a fantastic choice of 'Official Publisher Partner' and 'Approved Publication' resources, all endorsed by OCR for use with OCR specifications.

Publisher partners

OCR works in close collaboration with three Publisher Partners; Hodder Education, Heinemann and Oxford University Press (OUP) to ensure centres have access to:

- Better published support, available when you need it, tailored to OCR specifications
- Quality resources produced in consultation with OCR subject teams, which are linked to OCR's teacher support materials
- More resources for specifications with lower candidate entries
- Materials that are subject to a thorough quality assurance process to achieve endorsement

Hodder Education is the publisher partner for OCR GCSE Physical Education.



Hodder Education produces the following resources for OCR GCSE Physical Education:

OCR PE for GCSE Students Book – John Honeybourne
ISBN: 978 0340 98330 0 (published 2009)

OCR PE for GCSE Dynamic Learning Network Edition CD-ROM
ISBN: 978 0340 98329 4 (published 2009)

My revision notes for OCR GCSE PE - John Honeybourne

ISBN: 987 1 4441 5745 1 (published 2012)

Approved publications

OCR still endorses other publisher materials, which undergo a thorough quality assurance process to achieve endorsement. By offering a choice of endorsed materials, centres can be assured of quality support for all OCR qualifications.



Endorsement

OCR endorses a range of publisher materials to provide quality support for centres delivering its 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. All responsibility for the content of the publisher's materials rests with the publisher.

These endorsements do not mean that the materials are the only suitable resources available or necessary to achieve an OCR qualification. Any resource lists which are produced by OCR shall include a range of appropriate texts.

Professional Development

The 2012-13 OCR Professional Development Programme offers more accessible and more cost effective training, with the same valued content that you expect from us.

At OCR, we are constantly looking for ways in which we can improve the support we offer to teachers. Most recently we have been considering the increasing challenges that schools face in releasing teachers for INSET, and how OCR can make its professional development programme more accessible and convenient for all.

| From September 2012, our new improved programme will include:

- FREE online professional development units available when and where you want them
- FREE live web broadcasts of professional development events
- FREE face to face training for GCSE controlled assessment and GCE coursework
- A series of 'not to be missed' premier professional development events.

For more information, please email training@ocr.org.uk or visit www.ocr.org.uk/training.

OCR Social

Visit our social media site (www.social.ocr.org.uk). By registering you will have free access to a dedicated platform where teachers can engage with each other - and OCR - to share best practice, offer guidance and access a range of support materials produced by other teachers; such as lesson plans, presentations, videos and links to other helpful sites.

Interchange

OCR Interchange has been developed to help you to carry out day to day administration functions online, quickly and easily. The site allows you to register and enter candidates online. In addition, you can gain immediate and free access to candidate information at your convenience. Sign up at <https://interchange.ocr.org.uk>

Frequently Asked Questions

Where can I find the assessment criteria for the practical activities for GCSE Physical Education?

All of the criteria for the activities are in the OCR GCSE Physical Education Guide to Controlled Assessment, which is available to download from the qualification page of the OCR website.

http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

Where can I find resources for GCSE Physical Education?

All of the resources provided for GCSE Physical Education are available on the qualification page of the OCR website. http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

Can I assess a GCSE Physical Education candidate for an activity which is not on the list of activities in the specification?

Yes, you can complete a Special Activity Submission Form. The deadline for submissions is 15 October in the academic year in which you wish to assess them. The form is available on the qualification page of the OCR website under the 'Forms' heading.

http://www.ocr.org.uk/download/forms/ocr_33878_form_gcse_j586_sas.doc

We have a disabled candidate taking GCSE Physical Education. Is there anything we should be aware of?

Yes. The general advice would be to consider what activities the candidate is able to be assessed in and any access issues which may be of concern as early as possible in the course. Please contact OCR to discuss any issues at the outset so that appropriate options can be considered. Potentially, it may be necessary either to agree adaptations to aspects of the assessment or to use the special activity submission process to ensure that the best interests of the candidate are met. Early dialogue with OCR over any such issues would be beneficial.

Are there any combinations of activities in GCSE Physical Education which are not allowed?

Yes. In Unit B452, candidates must be assessed in two activities from two different activity profiles.

In Unit B454, candidates can be assessed in any two activities but they cannot repeat an activity in the same role that was assessed in unit B452 – e.g. they cannot be a performer in football in B452 and a performer in football again in B454, but they could be a coach in football in B452 and a performer in football in B454 or vice versa.

In addition, candidates who are following units B452 and B454 as part of the full course GCSE in PE cannot use the following combinations of activities:

- Rugby Union performer and Rugby League performer
- Life Saving performer and Personal Survival performer

- Rounders performer and Softball performer

For example, a candidate cannot enter Rugby League as one of their two activities in unit B452 and then enter Rugby Union as one of their two activities in unit B454.

Any candidate(s) using a combination of activities within or across units B452 and B454 that is in breach of the specification requirements may have part or all of their practical marks discounted from their overall assessment.

What filmed evidence do I need to keep for GCSE Physical Education?

Centres are required to have filmed evidence of a sample of their candidates across the range of marks awarded (e.g. highest, middle and lowest marks) for each activity assessed. In addition, all candidate marks in seasonal and off-site activities must be accompanied by filmed evidence. The filmed evidence should clearly identify the candidates and enable them to be linked to the assessment documentation and should demonstrate that candidates have performed the range of skills appropriate for the mark that they have been awarded. Access to the enquiries about results process for units B452 and B454 is dependent upon centres having appropriate filmed evidence of the activities seen at the original moderation.

What are the deadlines for the controlled assessment units for GCSE Physical Education?

From 2011/12 onwards, final marks are to be submitted to the moderator on the following deadlines:

15 March for the majority of marks

1 May for 'seasonal' activities and Analysing Lifestyle and Analysing Performance

The 'seasonal' activities are:

- Cricket
- Hill Walking and Campcraft
- Rock Climbing
- Rounders
- Skiing
- Snowboarding
- Softball
- Tennis
- Track and Field Athletics.

Can I give candidates templates to use in their GCSE Physical Education controlled assessments?

The only kind of template which is permitted for use in the 'analysing lifestyle' and 'analysing performance' tasks for GCSE PE are the task research booklets, which can be found on the qualification page of the OCR website. No other templates are allowed.
http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

When will I hear from my visiting moderator for GCSE Physical Education?

Your allocated moderator will contact you in late February/early March to introduce him/herself and begin making arrangements for the moderation.

Are there any instructions about the administration of the moderated units for GCSE Physical Education?

Yes, they can be found on the qualification page of the OCR website under the 'Forms' heading.
http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

How is my centre moderated for GCSE Physical Education?

The moderator views performances by a sample of candidates and makes a decision on the accuracy of your assessments based upon this sample.

Moderation is not about adjusting the marking of individual practical activities and analysis tasks or individual candidates, but rather it seeks to identify trends in the assessments conducted by centres. Based on this, the moderator will make a recommendation as to whether the practical marks you have awarded need to be adjusted or not to bring them in to line with the national standard set at the OCR moderators' standardisation meeting.

Further quality assurance checks are completed on any proposed adjustments and any adjustment made to centres' internally assessed marks will be communicated to them at the issue of results.

What happens if one of my GCSE Physical Education candidates is injured during the academic year?

There is a minimum controlled assessment requirement before special consideration can be granted.

In each of the controlled assessment units (B452 and B454), candidates must have been assessed in at least one practical activity and also completed the analysing lifestyle (AL) and analysing performance (AP) task. If a candidate is then unable to complete the assessment in a second activity due to injury or illness, we will consider an application for special consideration. Candidates should be assessed continuously, so if someone is injured in December or January, the centre should have been conducting some assessments and therefore be in a position to offer a mark (unless the activity is summer-only).

The centre can also apply for special consideration of this mark based upon the improvement that a candidate may have made in the time injured where this is considerable. Full details of the special considerations procedures can be found on the JCQ website (<http://www.jcq.org.uk/>)

If a candidate has been assessed in their practical activities but then cannot be present at moderation as a result of injury, the moderator should be informed and a suitable candidate should be found to attend moderation instead, in consultation with the moderator.

Where do I find past papers and mark schemes for GCSE Physical Education (J586 and J086)?

These documents can be found on the OCR website:

http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

What are the guided learning hours for GCSE Physical Education?

The guided learning hours for J586 are 120 – 140 hours in total.

The guided learning hours for J086 are 60 – 70 hours in total.

When are the assessments available?

There is one examination series available each year in June (all units are available each year in June).

GCSE Physical Education J586 certification is available in June 2014 and each June thereafter.

GCSE Physical Education (Short Course) J086 certification is available in June 2014 and each June thereafter.

How do I find out more about the controlled assessment for GCSE Physical Education?

Information regarding the controlled assessment tasks is available on the OCR website

http://www.ocr.org.uk/qualifications/type/gcse_2012/blt/pe/documents/

What areas will be covered in the exam and will there be overlap between the B451 and B453 exams?

All areas of a unit's content may be assessed within an examination paper for that unit. Content of B451 which are inherent in B453 may be assessed in B453; however, only implicitly as part of the assessment of B453. B451 will not assess any B453 content as it is not implicit in B451 content.

What notes can candidates take into the 'task production' session(s)?

All notes taken into the task production session(s) must be checked beforehand by the teacher 'supervising' the session(s). Notes should relate to, and be limited to, observation and headings only. Notes should not be a pre-written attempt at the task. For B454 Analysing Performance task, notes may include a draft version of the action plan.

Are the candidates expected to complete all 4 hours of task research under direct teacher supervision or can the candidates spend time observing and researching information on their own?

Candidates may complete part of the 'task research' without direct teacher supervision i.e. if the performance they are observing is off-site. This is acceptable and in line with the definitions of control. Centres will need to enforce time controls for this element of the task.

Are candidates allowed to use computers during the 'task production' session(s)?

The 'task production' must be done in controlled classroom conditions. The use of computers is allowed but only for candidates who wish to word process their task. Access to the internet is not allowed.

What is the change to the terminal rule for linear GCSE Physical Education (J586 and J086)?

Please note that there are no changes to the terminal rule for the January 2013 and June 2013 examination series:

- At least 40% of the assessment must be taken in the examination series in which the qualification is certificated

From June 2014 onwards, a 100% terminal rule applies. Candidates must enter for all their units in the series in which the qualification is certificated.

What are the re-sit options for linear GCSE Physical Education?

Candidates may enter for the qualification an unlimited number of times.

Where a candidate re-takes a qualification, all units must be re-entered and all externally assessed units must be re-taken in the same series as the qualification is re-certificated. The new results for these units will be used to calculate the new qualification grade. Any results previously achieved cannot be re-used.

For each of the controlled assessment units, candidates who are re taking a qualification can choose either to re-take that controlled assessment unit or to carry forward the result of that unit that was used towards the previous certification of the same qualification.

Where a candidate decides to re-take the controlled assessment, the new result will be the one used to calculate the new qualification grade. Any results previously achieved cannot be re-used.

Where a candidate decides to carry forward a result for controlled assessment, they must be entered for the controlled assessment unit in the re-take series using the entry code for the carry forward option.

Contact us

Keep up to date with the latest news by registering to receive e-alerts at www.ocr.org.uk/updates

Telephone 01223 553998

Facsimile 01223 552627

Email general.qualifications@ocr.org.uk

