

Raising Achievement in GCSE PE

In order to improve achievement in GCSE PE you need to maximise your practical grade. The practical grade accounts for 60% of your final grade (Year 10 and Year 11). To improve your sporting performance you need to:

- regularly practice and you are encouraged to be a member of teams and clubs outside of school. You should be taking part in at least two sports outside of school (once a week). You will be assessed in two more sports and should as a minimum be involved in these clubs at school level.
- understand the perfect technical model for each core skill in one sport and the laws that govern the sport
- perform a personal exercise plan to the best of your ability demonstrating high levels of fitness. Furthermore you need to demonstrate an understanding of theoretical concepts in the planning of the programme.

The theory section of the course accounts for 40% (Year 10 and 11) of your grade. In order to raise achievement you must make sure:

- you understand key subject specific terms and definitions
- illustrate your understanding with an example
- apply your understanding to a practical situation
- write in continuous prose using developed statements to improve long answer marks