

GCSE PE COURSEWORK

WHAT DOES THE COURSEWORK ENTAIL?

- 2 parts
 - Analysis (15 marks)
 - Evaluation (10 marks)
- Identifying strengths and weaknesses
- Justifying a training method that will improve your weaknesses
- Planning a training session
- Linking this to another area of the course content
- Needs a lot of correct sport/content terminology
 - Why will this help improve your weakness?
 - Why will it help you?



It **MUST** be
PERSONAL
to you

INTRODUCTION

- You can write about yourself or someone else (*it is easier to do about yourself*)
- Pick a sport you are going to be choosing to take forward/one you do and know a lot about
- Basic introduction to the sport
 - Why you play?
 - **Identify** your strengths and weaknesses within the sport

ANALYSIS 15 MARKS

- Identification of strengths and weaknesses
- You must include:
 - Fitness strength
 - Fitness weakness
 - Skill strength
 - Skill weakness
- Justify why it is a strength or weakness
- Justify why it would be needed or be better to have it in your chosen sport
- 2 examples of each from a recent performance in your sport where you have used or needed a better level

FITNESS STRENGTH

- Fitness Strength
 - What is your strength within the sport?
 - Why do you think it is a strength of yours?
 - Where in the sport may you need this strength?
 - How would it impact your personal performance and your team's performance?
 - X2 recent sporting examples of where you have demonstrated a good level of your fitness strength.

You must
JUSTIFY why
these are
strengths and
explain why in
detail and use
good sporting
terminology

EXAMPLE

My main fitness strength is cardiovascular endurance. Cardiovascular endurance is the ability of the heart and lungs to supply oxygen to the working muscles whilst exercising. I know this is my strength because in netball matches I rarely get out of breath and have to stop for a rest. If I had poor cardiovascular endurance my body would start to work anaerobically. This would cause a build up of lactic acid in my muscles and I would have to stop running to repay my bodies oxygen debt. Having good cardiovascular endurance is useful for my position of centre, as the person playing centre can go in all thirds helping to attack and defend. This means when my team are in possession of the ball I can get into a free space to receive the ball, my team mates know they can rely on me to get free ensuring they make a successful pass. My team's performance is benefited by my good cardiovascular endurance as we are able to stay in possession of the ball, the more possession we have the more likely we are to win the game. I am able to attack and defend without getting tired which is vital for centre. The other players rely on me to bring the ball from defence to attack.

- *How could I add to this?*

ANALYSIS – FITNESS WEAKNESS

- Fitness Weakness
 - What is your weakness within the sport?
 - Why do you think it is a weakness of yours?
 - Where in the sport may you need this weakness?
 - How would it impact your personal performance and your team's performance?
 - X2 recent sporting examples of where you have needed a better level of your fitness weakness.

You must
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good sporting
terminology

ANALYSIS – SKILL STRENGTH

- Skill Strength
 - What is your strength within the sport?
 - Why do you think it is a strength of yours?
 - Where in the sport may you need this strength?
 - How would it impact your personal performance and your team's performance?
 - X2 recent sporting examples of where you have demonstrated a good level of your fitness strength.

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ANALYSIS – SKILL WEAKNESS

- Skill Weakness
 - What is your weakness within the sport?
 - Why do you think it is a weakness of yours?
 - Where in the sport may you need this weakness?
 - How would it impact your personal performance and your team's performance?
 - X2 recent sporting examples of where you have needed a better level of your fitness weakness.

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EVALUATION 10 MARKS

- Choose a training method that is going to help improve your fitness and skill weaknesses
- Plan a detailed training session PERSONALISED to you
- Choose another area of the GCSE course to link your training session to
- Justify
 - Why you would use this in your training?
 - Why or how it would help you to improve either your fitness or your skill weakness
 - How is it linked to your sport?

TRAINING METHOD

- Pick a training method based on your weaknesses on how to best improve
- Explain how it improves your weaknesses
- Justify your reasons for picking it and how it will improve YOU

TRAINING SESSION

- One detailed session
- Warm up, main activities (including progression and competition) and cool down
- Intensity levels/training zones
 - Why you chose this and how is it relevant to your sport
- PERSONAL to you
- Explain in detail what the activities are and how they are relevant to your sport and your chosen weaknesses
- Include how you plan to use SPORT
- How they are going to help improve your weaknesses

THEORETICAL LINK

- Choose an area of the course that you understand well and that links with training types and methods (it cannot be types of training)
- Explain what it is – definitions
 - Why you chose this?
 - How does it link to your training session
 - How it is going to help you improve your skill/fitness weakness

For examples:

- Types of feedback
- Guidance
- Arousal and inverted U theory
- Diet
- Skill classification
- Somatotypes