

# Physical Education: GCSE and Cambridge National

## Do I need to be good at sport?

*Yes. You need to have some form of sporting ability, ideally you need to be competent in 2 or 3 sports to take GCSE, this means playing them competitively outside of school. For the Cambridge National Course, you ideally need to have 1 sport which you play either competitively or recreationally.*

## What sports can I be assessed in?

*Please see the links below, which will take you to the sports which you can be assessed in for each course.*

### GCSE

*Individual activity list - <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment/non-exam-assessment-nea-practical-performance-in-physical-activity-and-sport/performance-assessment-practical-performance-75-marks/individual-activity-list>*

*Team activity list - <https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/scheme-of-assessment/non-exam-assessment-nea-practical-performance-in-physical-activity-and-sport/performance-assessment-practical-performance-75-marks/team-activity-list>*

### Cambridge National Sports Studies

*Please refer to pages 1-3 ONLY*

*List - <https://www.ocr.org.uk/Images/546493-approved-activity-list-for-cambridge-nationals-and-cambridge-technical.pdf>*

## Which course would suit me?

*This depends on your preferred learning style. GCSE is predominantly exam based with 2 large exams taken at the end of Year 11. Most lessons for GCSE take place in the classroom, due to the large extend of theory content. Whereas Cambridge National offers more practical activities outside of the classroom, however, please do remember there are coursework requirements.*

## Is GCSE seen as the better course in post 16 establishments?

*Both courses are equivalent to a GCSE and are recognised by post 16 establishments.*