

Circular S/IF/96/09

October 2009

To: The Principals of Post-primary Schools and Directors of Further and Higher Education

For circulation to: All Heads of Department and Examination Officers

GCSE Physical Education (revised specification)

Component 3 Individual Performance in Physical Activities

This circular is intended to support teachers in the delivery of Component 3: Individual Performance in Physical Activities.

The controlled assessment comprises three stages:

- task setting;
- task taking; and
- task marking.

1. Task Setting

The level of control for the setting of component 3 is **limited**. This means the centre sets the tasks according to our criteria.

This component carries an overall weighting of 40% of the total marks. Teachers assess the student's performance, and we moderate the assessment.

For this component students must complete two elements.

Component 3 (a) Analysing, evaluating, planning, implementing and monitoring actions to improve skilled performance in selected physical activities

This task is **compulsory** and worth **10%** of the total marks.

The process for improving skilled performance in the candidate's physical activities is controlled by the centre and supervised by the teacher.

Component 3 (b) Improving the quality, efficiency and effectiveness of individual performances in physical activities

This task is **compulsory** and worth **30%** of the total marks.

The task involves candidates demonstrating their learning through the quality, efficiency and effectiveness of their performances in three different physical activities from at least two of the following categories:

- athletics activities (for example athletics and swimming);
- dance activities (for example ballroom, national and contemporary);
- games activities (for example football, netball and badminton);



- gymnastics activities (for example curriculum, artistic, acrobatic and trampolining);
- outdoor adventure activities (for example orienteering, canoeing and sailing); and
- specialist activities (for example martial arts and show-jumping).

At least two of the activities **must** be centre controlled and carried out under the direct supervision of the teacher; candidates can select only one activity from the **Specialist Activities** category. Starting from autumn 2010, centres will be required to notify us of their intention to use a specialist activity.

Activities completed outside of school must be carried out under the control of the governing bodies of the physical activities. They must be supervised by the governing bodies' suitably qualified coaches and teachers. The teacher working with the coach must be satisfied that the practical requirement for this specification has been covered. The teacher must also make sure that the marking is done fairly using our criteria for GCSE Physical Education.

2. Task Taking

The level of control for task taking is **medium**. Candidates must complete all work, with the exception of research and preparation, under informal supervision.

The teacher's role during the controlled assessment tasks is set out clearly in Section 6.3 of the specification. A key responsibility is to ensure that the contribution of individual candidates is recorded accurately.

Component 3(a) Skilled Performance in Selected Physical Activities

This component is closely aligned with component 3(b) Individual Performances in Physical Activities. For component 3(a) candidates are assessed on their understanding of the process necessary to improve the skill selected. In component 3(b) the emphasis is on the standard of performance and the extent of improvement throughout the course.

For component 3(a) students must select one skill from each of their three chosen activities. They must know and implement a process involving analysis, evaluation of performance of the skill, planning and implementation of strategies to improve and refine each skill.

At moderation the candidate will be expected to describe and demonstrate their understanding of how they improved one skill in one of their chosen activities.

Component 3(b) Individual Performance in Physical Activities: Choice of activities

Candidates must complete individual performances in three different physical activities from at least two of the categories listed.

At least **two** of the activities must be centre controlled and carried out under the direct supervision of the teacher; candidates can select only one activity from the Specialist Activities category.

For one physical activity, the assessment may be based on the quality of the candidate's performances as leaders and officials.

Candidates who chose to be assessed as a leader and official in one of their chosen physical activities



must lead a group, team or individual during the period of the course. The quality and effectiveness of the candidate's knowledge in the following areas should be assessed:

- Communication;
- Organisation;
- Motivation;
- Working with others to raise standards of performance; and
- Recognising strengths and areas for improvement and the rules or laws of the activity.

The planning and running of practice and training sessions, the running of a range of competitions and the refereeing of selected physical activities are controlled by the centre and supervised by the teacher.

Learning outcomes remain the same regardless of the role undertaken (participant or leader and official) but should be developed and demonstrated in an appropriate context.

The following activities are approved by CCEA:

<p>Athletics Activities</p> <ul style="list-style-type: none"> • Athletics • Cross Country • Rowing/sculling • Swimming 	<p>Dance Activities</p> <ul style="list-style-type: none"> • Dance 	<p>Gymnastics Activities</p> <ul style="list-style-type: none"> • Gymnastics • Trampolining
<p>Games Activities</p> <ul style="list-style-type: none"> • Association football • Badminton • Basketball • Camogie/Hurling • Cricket • Gaelic Football • Handball • Hockey • Netball • Rounders • Rugby Union • Softball • Squash • Table Tennis • Tennis • Volleyball 	<p>Outdoor Adventure Activities</p> <ul style="list-style-type: none"> • Hill walking • Kayaking/canoeing • Orienteering • Rock climbing • Sailing • Wind surfing 	<p>Specialist Activities</p> <ul style="list-style-type: none"> • Archery • Boxing • Cycling • Fencing • Golf • Horse Riding • Ice Hockey • Ice Skating • Judo • Ju Jitsu • Karate • Kick Boxing • Life Saving • Scuba Diving • Show Jumping • Skiing • Snorkeling • Tae Kwon Do • Wake Boarding • Water Polo • Water Skiing

Safe Practice

Teachers are reminded that they should refer to *Safe Practice in the Physical Education and School Sport** issued by the Association for Physical Education before engaging in practical activities and be conversant with all relevant policies and guidelines issued by DE.

- Whitlam, P and Beaumont, G, *Safe Practice in Physical Education and School Sport*, Seventh edition (2008), ISBN 978-1-905540-54-9

3. Task Marking

The level of control for task marking is medium. Teachers mark the controlled assessment tasks using criteria that we provide (see Specification, Appendix 2)

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