

GCSE Physical Education

AIMS AND CONTENT

The course will provide students with an opportunity to study both the practical and theoretical aspects of Physical Education.

WHAT YOU WILL STUDY

The course is split into two units; theory and practical which provide students with the opportunity to:

1. Develop knowledge and understanding of the key body systems and how they impact on health, fitness, and performance in physical activity in sport including:
 - The structure and functions of the musculoskeletal and cardio-respiratory system.
 - Anaerobic and aerobic exercise.
 - The short- and long-term effects of exercise
 - Lever systems, examples of their use in activity and mechanical advantage they provide in movement.
 - Principles of training and their application to personal exercise programmes.
 - Use of data.
2. Develop knowledge and understanding of the psychological factors that can affect performers in physical activity and sport including:
 - Classification of skills (basic/complex, open/closed)
 - Mental preparation for performance including goal setting.
 - Engagement patterns of different social groups.
 - Commercialisation of physical activity and sport.
 - The benefits of participating in physical activity to health and well-being.
3. Requires students to develop their ability and aptitude in physical activities including:
 - Individual and team sports
 - Use appropriate physical characteristics/attributes (e.g. strength, stamina, speed, and agility).
 - Analyse and evaluate performance to bring about personal improvement in physical activity.

ASSESSMENT

In units one and two, pupils will study the theory of physical education and data handling.

In the non-exam assessment, pupils will be assessed on their performance in three separate sports (at least one individual and one team sport) and analyse performance in one of these.

Method of Assessment	Details of Assessment	Course Weighting
Unit 1: Written examination <i>The human body and movement in physical activity and sport.</i>	1 hour 15 minutes 78 marks A combination of multiple choice, short answer, and extended answer questions.	30%
Unit 2: Written examination <i>Socio-cultural influences and well-being in physical activity and sport.</i>	1 hour 15 minutes 78 marks A combination of multiple choice, short answer, and extended answer questions.	30%
Non-Exam assessment	Practical assessment in 3 sports. Analysis of performance. 100 marks	40%

SKILLS NEEDED

It is essential to be of a competent level across multiple sports with a proven track record of consistent participation in both lessons and extra-curricular activities. A minimum of club level representation is vital to obtain higher band marks in the practical element. You must be enthusiastic about sport and improving performance.

WHAT CAN GCSE PE LEAD TO?

Physical Education is one of the most popular areas to study in both further and higher education. GCSE PE can lead to many industries including sport, leisure and recreation, teaching and coaching, sports medicine, sports science, sports journalism, physiotherapy and sport psychology. It provides a good steppingstone for students wishing to study PE at A-level.