

Physical Education



GCSE in Physical Education comprises three units:

GCSE Physical Education provides students with the exciting opportunity to begin to gain an understanding of PE. Stimulating content is at the heart of this engaging qualification, which will encourage students to immerse themselves in the world of sports and PE.

The combination of the physical performance and the academic challenge provides an exciting opportunity for students. You can perform and, then through the academic study, learn how to improve your performance through the application of the theory.

Why study Physical Education?

Studying GCSE Physical Education will open your eyes to the amazing world of sports performance. Not only will students have the chance to perform in three different sports through the non-examination assessment component, they will also develop wide ranging knowledge into the how and why of physical activity and sport.

Students learn through a range of different contexts and the impact physical education has on both ours and others' everyday lives. Students will learn the reasons why we do things, why some people outperform others (mentally and physically) and delve into the ethical considerations behind the use of performance enhancing drugs and also gain an understanding of the consequences of inactivity and poor diet.

Course Structure Overview

Content Overview	Assessment Overview	
<ul style="list-style-type: none"> Applied Anatomy and Physiology Physical Training 	Physical Factors Affecting Performance (01): 60 marks, 1 hour written paper.	30% of total GCSE
<ul style="list-style-type: none"> Socio-cultural Influences Sports Psychology Health, Fitness and Well-being 	Socio-Cultural Influences and Sports Psychology (02): 60 marks, 1 hour written paper	30% of total GCSE
<ul style="list-style-type: none"> Practical Activity Assessment Evaluating and Analysing Performance (EAP) 	Performance in Physical Education (03): 80 marks Practical Non-Examination Assessment Performance in three activities: <ul style="list-style-type: none"> One from the individual list One from the team list One other from either list. 	40% of total GCSE