

# GCSE Physical Education

## What is this course about?

This course is for students who have an interest in both the theory and practical side of PE and Sport. The weighting of theory and practical has been changed by exam boards and this will mean a heavier focus on the theory work. There will be more curriculum time dedicated to the theory element of the course in order for the whole of the syllabus to be delivered sufficiently.

## What are the entry requirements?

- A good standard of participation & performance in PE lessons in key stage 3
- To be taking part in extra-curricular sport regularly
- To be proficient in AT LEAST one individual activity – see list of activities
- To be committed to work hard in theory as well as practical lessons

## What skills will I develop?

The theory side of the course (which will take up 80% of the teaching time) is split into studying 2 main areas; Fitness and Body Systems and Health and Performance. These areas look in detail at aspects of anatomy and physiology, movement analysis, physical training, health, fitness & well-being, sports psychology and socio-cultural influences.

The practical side of the course (will take up 20% of lesson time) aims to develop students' abilities in practical sport as well as their knowledge, understanding and appreciation of skills and tactics.

## How is the course assessed?

GCSE PE theory work is assessed through 2 written papers (1hr 45 mins and 1hr 15 mins in length) at the end of the course worth 60% of the overall grade. The practical aspect is worth 30% of the overall grade. The final 10% is assessed through a written assessment based around analysis and evaluation of a performance.

## GCSE Physical Education – Practical Activities

Students have to perform in 3 different activities (one team activity, one individual activity and one free choice from the two areas) these are worth 30% of the overall grade. The activities listed below are the only ones which are accredited by the exam board. Students who participate in any of the activities outside of school can be assessed in that activity.

**Individual Activities:** Amateur Boxing, Athletics – Field events, Athletics – Track events, Canoeing, Cycling, Diving, Golf, Gymnastics, Equestrian, Kayaking, Rock Climbing, Sculling, Skiing, Snowboarding, Swimming, Trampolining.

**Team Activities:** Association Football, Badminton, Basketball, Hurling and Camogie, Cricket, Dance, Gaelic Football, Handball, Hockey, Lacrosse, Netball, Rowing, Rugby League, Rugby Union, Squash, Table Tennis, Tennis, Volleyball.

### Duration/Time

5 lessons per fortnight over 2 years.

### What can I do at the end of the course?

- **Further education:** You might go on to study Physical Education at 'A' Level as well as courses which involve Sport and Exercise Sciences.
- **Career opportunities:** You can also follow a career pathway linked with PE and sport, for example a Teacher, PT instructor, Coach or Personal Trainer. Former students have gone on to represent their country in a variety of sports.

### Exam Board???? Eg AQA Website

Click on the link to download full specification/s