

COURSE TITLE: PE (GCSE)**EXAMINATION BOARD: AQA**

GCSE Physical Education provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. Students can choose from a variety of activities in physical activity in which to participate and be assessed.

Course Outline:

- **Practical Coursework:** (40% of GCSE)
 1. **Practical Performance** in **three different activities** (1 team + 1 individual + 1 other from prescribed list of activities)
 2. **Analysis & evaluation** of performance to bring about improvement in 1 activity of choice
- **Theory Content:**
 - **The Human Body & Movement in Physical Activity & Sport** (30% of GCSE)
 1. Applied anatomy & physiology
 2. Movement analysis
 3. Physical training
 4. Use of data
 - **Socio-cultural influences & well-being in Physical Activity & Sport** (30% of GCSE)
 5. Sports psychology
 6. Socio-cultural influences
 7. Health, fitness & well-being
 8. Use of data

Methods of assessment:

- **30% Practical Performance:** 3 assessments comprising 1 team activity and 1 individual activity plus one other, all to be selected from a prescribed list. Students will be assessed in several activities and may submit video evidence to be assessed in activities which they do outside school; the best 3 marks which fulfil the 1 team/1 individual/1 other criteria will stand.
- **10% 'Evaluating & Improving' Assessment:** pupils must evaluate & improve either their own or somebody else's performance in a chosen activity – this assessment can be a written or video-recorded.
- **60% 2 Written Examinations:** 2 externally set examinations (1 hour 15 mins each) incorporating multiple choice, short answer and extended answer questions based on the theory content delivered throughout the course.

Special Requirements:

Correct PE kit for all practical lessons and a keen interest in all matters related to sport & physical education.

Approaches/Techniques of study:

The course will be delivered through both practical and classroom sessions.

Homework demands:

Normal option requirements: one piece of written, reading or learning homework every week.

On successful completion of GCSE PE, students may decide to continue their study of Physical Education at AS/A2 level. Beyond sixth form, there are many career options for students interested in sport and Physical Education with numerous courses in a range of higher education institutions; teaching, sports

coaching, physiotherapy, sports science, sports psychology, fitness instructor, leisure management, to name but a few.

For more information please contact: Miss Jeffrey, Mrs Musetti, Mr Robinson

Title:
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