

## Physical Education GCSE (Optional)

**Board: AQA**

### Course Content

Students who choose to study GCSE Physical Education will develop a deeper understanding of the body and mind and how it relates to sporting performance, but also the requirements of a healthy active lifestyle and its application to everyday life.

### Skills

Skills that are required and will be further developed in GCSE PE are:

- Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- Application of this knowledge and understanding to physical activity and sport.
- Evaluation and analysis skills of your theoretical knowledge and understanding of physical activity and sport.
- Communicate your views and understanding verbally and through written work.
- Practical performance in three different activities (must be named in the AQA GCSE PE Specification available here: [GCSE Physical Education Specification Specification for first teaching in 2016 \(aqa.org.uk\)](https://www.aqa.org.uk/qualifications/gcse/physical-education))
- Analysis and evaluation of your own sporting performance (Non-Examined Assessment)

### Knowledge Subject content includes:

- Applied anatomy & physiology (The human body, how it works and how it responds to exercise) Movement analysis (How the human body creates movement for sporting actions)
- Physical training (How you train to improve sporting performance)
- Sport psychology (How you can help prepare the brain to perform better during sport)
- Socio-cultural influences (What are the sociological and cultural factors that affect sports participation and how barriers can be removed)
- Health, fitness and well-being (How to maintain a healthy body and mind and how this affects sporting performance)

### Assessment

**Paper 1 Written exam: 1 hour 15 Minutes; 30%**

1. Applied anatomy and physiology.
2. Movement analysis
3. Physical training
4. Use of data

A combination of multiple choice, short answer questions and extended answer questions.

**Paper 2 Written exam: 1 hour 15 Minutes; 30%**

1. Sports psychology
2. Socio-cultural influences and
3. Health, fitness and wellbeing

A combination of multiple choice, short answer questions and extended answer questions.

**Non-examined assessment: 40%**

- Practical performance in three different activities (one team, one individual and one team or individual)
- Analysis and evaluation of performance (written coursework analysis and evaluation of your own performance)

To be successful, students should be passionate about sport and the subject. Students should have a basic understanding of a range of sports as this will enable them to apply and discuss theory content. They should be prepared to actively work outside of lessons to further their knowledge and understanding.

It is preferable that students participate in one physical activity outside of school and regularly attend extracurricular sport clubs in school. For further details, please see Miss Howard (Head of Physical Education).