

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 you will need and develop in GCSE PE are:

- Application of theory to a range of sporting activities.
- Discuss views both verbally and in written work.
- Practical performance in three different activities (must be from a specific list)
- Analysis and evaluation of performance (Written coursework)

Knowledge

The different subject contents you will study are:

- **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%

Applied anatomy and physiology, movement analysis and Physical training

A mixture of multiple choice/objective test questions, short answer questions and extended answer questions

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

Socio-cultural influences and well-being in physical activity and sport

A mixture of multiple choice/objective test questions, short answer questions and extended answer questions

Non-examined assessment: 40%

Practical performance in three different activities (one team, one individual and one

other)

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; a basic understanding of a range of sporting activities is helpful when trying to apply and discuss theory content. They should be prepared to actively work outside of lessons. Students should ideally participate in one physical activity outside of school and take part in school sporting clubs.

For further details, please see Mr Trott (Acting Head of PE)