

GCSE Physical Education

Do you have a passion for Physical Education and wish to participate in an exciting course? Are you interested in exploring the benefits of both individual performance and teamwork, while also studying the human body and contemporary issues? If this resonates with you, then GCSE Physical Education is the ideal course for you.



Why study GCSE PE?

You will be challenged and inspired by a variety of sporting activities & theories:

- Develop theoretical knowledge and understanding of the factors that underpin sport and use this knowledge to improve performance.
- Perform effectively in different physical activities by developing skills, techniques, tactical awareness, strategies, and compositional ideas.
- Foster your ability to analyse and evaluate to enhance your performance.
- Comprehend physical activity and sport's contribution to health, fitness, and wellbeing.
- Develop performance analysis and improvement techniques.
- Gain an understanding of how physiological and psychological states affect performance.
- Understand key socio-cultural influences affecting people's involvement in physical activity and sport.

How will you be assessed?

Two exam papers & three practical performances:

Paper 1: The human body and movement (30%)

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2: Socio-cultural influences and well-being (30%)

- Sports psychology
- Socio-cultural influences
- Health, fitness & well-being

Practical Performance (40%)

Player/performer in 3 sports. Plus written/verbal evaluation of performance.

You will have the chance to delve into a diverse array of physiological and socio-cultural subjects:

- Applied anatomy and physiology.
- Movement analysis
- Physical training
- Data utilisation
- Sports psychology
- Socio-cultural influences
- Health, fitness, & well-being

