



# Physical Education

## (GCSE)



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### Why study P.E?

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 undertake a variety of sports in which to participate in as a performer. Students will learn how to analyse and evaluate performance and suggest effective plans for improvement. Students have a vast choice of sports for practical assessment, catering for a wide variety of individual needs. From the sports undertaken students will submit their best three marks. One activity must be a team sport and one activity must be an individual sport. The third activity can be a team or individual sport. Students will study a broad and topical theory content that keeps them engaged, whilst also learning about the benefits of a healthy and active lifestyle. The course allows for accessible assessment methods that cater for a wide variety of students, which allows them to focus revision before the exam.

### What key knowledge, concepts and skills will I learn?

We study 'Physical Education and sports science'. Students will learn about:

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Core sports skills in pressurised situations
- Strategies and tactics in full match context
- Analysis and evaluation of sports performance

## What attitudes and qualities are required to do well?

If you enjoy and understand the benefits of living a healthy and active lifestyle and want to acquire the skills to make informed choices about your own physical development, whilst getting involved in physical sporting activities then GCSE Physical Education is for you. You will need good literacy (reading and writing) skills, the ability to analyse and evaluate performance and make effective plans for improvement, a commitment to taking part in sport in school and outside of school, regularly play sport competitively and a desire to take all opportunities offered outside the curriculum to improve sporting performance and theoretical knowledge throughout the course.

## How will I be assessed?

40% controlled assessment (3 sports must be submitted for assessment, 1 or 2 individual sports and 1 or 2 team sports)

60% examination (over 2 papers)

## Which other subjects link into this course?

Science

Psychology

Sociology

Food Technology

Maths

English

## What career options are open to me?

Physical Education provides you with the skills employers are looking for. It can lead to opportunities in a wide range of occupations, including exercise and sports science, outdoor education, sport and exercise physiology, sports management, sports media and journalism, sports training, sports biomechanics and motor control, teaching.

**For more information you might like to visit:**

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>