

GCSE Physical Education

Our GCSE in Physical Education equips students with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, and the benefits of physical activity to health, fitness and well-being.

The GCSE PE course will appeal to those who:

- have a keen interest in sport or recreation and always look forward to their PE lessons
- take part in sport regularly outside of class time
- want to know more about the benefits of sport and exercise
- want to increase knowledge and understanding of how the body works and how the body adapts to training
- want to improve personal performance in a range of sports roles

Background

The course builds on the knowledge, understanding and skills established in key stage 3 Physical Education lessons. It will give you exciting opportunities to learn the theory of sports science and how to develop as a performer and coach.

Content

If you take GCSE PE you will learn through the combination of the physical performance and academic challenge, which provides an exciting opportunity for students. You can perform, and then through the academic study learn how to improve your performance through application of the theory.

- increase knowledge of how the body systems work, particularly the cardiovascular, respiratory, muscular and skeletal system.
- examine the effects of exercise and how training can improve performance
- identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity
- explore the reasons why people take part in physical activity, how elite performers outperform others both mentally and physically
- delve into the ethical considerations behind the use of drugs and gain an understanding of the consequences of inactivity and poor diet.

Assessment

This comprises three components:

A written exam covering applied anatomy and physiology and physical training makes up 30% of the GCSE.

A second written paper on socio-cultural influences, sports psychology, health, fitness and well-being contributes a further 30%

Practical activity and analysing and evaluating performance is covered by non-exam assessment (40%)

