

Physical Education

Qualification:
GCSE (AQA)

Is this course for me?

3 lessons a week – mainly theory based

You must be performing in 2 sports in competitive situations.

If you enjoy:

- Sport and recreation
- Working hard
- Biology in science
- Developing knowledge and understanding through theory and practical involvement
- Learning about the benefits of sport and exercise
- Improving your own performance in a range of sport
- Or, if you are considering a sports-related career or an A Level/Higher Education course then our GCSE in Physical Education is the right subject for you
- You must compete regularly in a variety of sports

The course builds on the knowledge, understanding and skills established in Key Stage 3 Physical Education (you may have worked on GCSE theory as part of your lessons). It will give you exciting opportunities to develop your knowledge in many theory based areas. You will be involved in a number of different physical activities (**in core lessons**), promoting an active and healthy lifestyle.

What does the course involve?

Students will study the theoretical and practical aspects of a number of areas. Students must be aware that this is not solely a practical subject - there is a very large amount of theory in the new course. Even the practical elements will require clarity of thought involving much of the theory content. Students will be asked to work on practical performance in after school clubs and weekend sports.

The theory areas to be studied are:

Body Systems Movement Analysis Diet & Exercise Hygiene & Safety in Sport Socio-cultural Influences	Physical Training Use of Sports Data Sports Injuries and Prevention Sports Psychology Health, Fitness & Well-being
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How will my work be assessed?

Exam 1 – The Human Body	Exam 2 – Socio Cultural Influences & Well-being
<ul style="list-style-type: none"> ▪ 1 hour 15 mins ▪ 78 marks ▪ 30% of GCSE 	<ul style="list-style-type: none"> ▪ 1 hour 15 min ▪ 78 marks ▪ 30% of GCSE
<ul style="list-style-type: none"> ▪ 40% Practical – You must be assessed in three sports (25 marks for each sport). You will also be assessed on observation and analysis skills in one sport (25 marks). 	

What courses can this lead to in Post 16?

AS/A2 Physical Education
BTEC National Diploma
BTEC First Diploma in Sport

For more details please contact:

MR S LOWE – HEAD OF SPORT & LEISURE or MR THOMPSON – KS4 CO-ORDINATOR