

GCSE Physical Education

Overview

Theoretical knowledge and practical skills meet in GCSE Physical Education, providing pupils with a rounded learning experience to develop a greater understanding of tactics, strategies, physiology and psychology in sport and physical activities.

What will I study?

The GCSE Physical Education course focuses on 5 key topics: Health, Training and Exercise; Exercise Physiology; Movement Analysis; Psychology of Sport and Physical Activity; Socio-cultural issues in Sport.

Pupils will also learn about qualitative and quantitative data, it's collection, analysis and evaluation, and how it can be used to improve their own performance.

Assessment

Formal assessment weighting is split evenly across a written examination, and a practical assessment.

Units	Content	Weight
Unit 1 - Introduction to physical education	<ul style="list-style-type: none">2 hour written examination.Questions based on audio-visual stimulus, and other resources.	50%
Unit 2 - The active participant in physical education	<ul style="list-style-type: none">Assessed in three different activities.Must be at least one team sport, and one individual.One major activity linked to personal fitness programme.	50%

