

# GCSE Physical Education & Health

## Overview

Theoretical knowledge and practical skills meet in GCSE Physical Education and Health, providing learners with a rounded learning experience to develop a greater understanding of health, wellbeing and physical activity, and the link between them.

## What will I study?

The course is split across two units. Unit 1 considers the wider context for sports and physical activity, and factors that can have an impact on participation, as well as the impact it can have on health and wellbeing.

Unit 2 allows learners to demonstrate and enhance their understanding of skills, techniques, tactics and strategies in particular sports and physical activities. Learners will consider their training needs through analysis, monitoring and reflection.

## Assessment

Formal assessment weighting is split across a written examination, and a non-examined assessment.

Units	Content	Weight
Unit 1: Principles of Physical Education & Health	<ul style="list-style-type: none"><li>1 hour 30 min onscreen examination.</li></ul>	40%
Unit 2: Performance & Personal Training	<ul style="list-style-type: none"><li>Perform two sports/physical activities, or perform one sport/physical activity and one coaching session in a sport/physical activity.</li><li>Plan, implement and evaluate a personal training plan for a sport/physical activity.</li></ul>	60%

**LEARN**

**GROW**

**THRIVE**

**FLOURISH**

