

GCSE Physical Education

"Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity." - John F. Kennedy



BROOK MEAD
ACADEMY

Course Overview

A GCSE in Physical Education will equip scholars with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Scholars will also gain understanding of how physical activities benefit health, fitness and well-being.

GCSE PE is a subject which incorporates elements of Science (Anatomy, Physiology and Psychology), English and Mathematics, and focuses on two aspects: the theoretical and the practical elements of sport.

The theoretical element, which contributes 70% of the total marks, focuses on a range of topics in which scholars will be required to apply theory knowledge to a variety of sporting activities. Accordingly, a large percentage of the GCSE lessons will be theory based, allowing scholars to study the relevant topics and develop exam techniques. The theoretical elements include two external exams, and coursework which includes developing a personalized exercise programme and analysing their own performance.

The course is physically demanding and requires scholars to be physically competent, in three different sporting activities, from the specification list. From these three activities, one must be examined from team sports, one from an individual sport & an open choice for the third sport. Overall, scholar practical performances equate to 30% of the total grade awarded. The course requires commitment to improving performance and physical fitness as well as dedication to extracurricular activities over the duration of the course. Scholars must compete regularly in at least two sports.

What are the topics I will study?

- Health, fitness and well-being
- Anatomy and Physiology
- Movement analysis
- Sports psychology
- Practical Performance
- Use of Data

What skills and knowledge will I develop?

- Decision making
- Psychological understanding of people
- Independent thinking
- Problem solving
- Analytical skills
- Responding under pressure

Further reading

GCSE PE Specification – [PE](http://www.aqa.org.uk) – www.aqa.org.uk

Qualification Details

- **Qualification:** GCSE
- **Exam Board:** AQA

Assessment Pathway

This course comprises of two written exams, and a practical exam. The practical element is worth 30% of the overall grade.

Therefore, scholars are required to have a strong practical ability.

Throughout the course, scholars will be offered revision sessions, mock examination days, coursework days, past papers, and intervention to maximize success.

Possible Careers

- Sports management
- Sports coaching
- Personal trainer
- Teaching
- Physiotherapy
- Sports psychologist
- Sports analyst
- Media and Events
- Sports Reporter

Employability Skills:

- **Leadership:** The action of leading a group of people or an organization.
- **Teamwork:** The combined action of a group, working towards a common goal.

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