

GCSE Physical Education

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Course Outline:

Paper 1: The human body and movement in physical activity and sport Topics 1-4

1. Applied anatomy and physiology, 2. Movement analysis, 3. Physical training, 4. Use of data

Paper 2: Socio-cultural influences and well-being in physical activity and sport Topics 5-7

5. Sports psychology, 6. Socio-cultural influences, 7. Health, fitness and well-being

Non-exam assessment: Practical performance in physical activity and sport

Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity). Analysis and evaluation of performance to bring about improvement in one activity.

Skills/attributes developed/required:

A solid sporting ability and interest (school team level as a minimum), A good attendance and attitude to P.E. Good behaviour in lessons. Hardworking and dedicated. Attendance to extra-curricular clubs. High levels in Science, English and Maths. Proactive. Enthusiastic. Be able to work under pressure. Meet deadlines. Cope with exams. Be able to work independently using a framework. Be able to lead and coach your peers. Take responsibility for your learning.

Additional considerations:

Students participating in activities that require specialist facilities, (eg swimming, horse riding, trampolining) will be advised by their GCSE PE teacher on what is required in Year 10.

Examination Information

Exam Board: AQA

Exam: Exam 60% Non-exam assessment 40%

Exam outline:

Paper 1 Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Paper 2 Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Non-exam assessment: Assessed by teachers, moderated by AQA 100 marks 40% of GCSE

Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity.

Where can it take me?

Next Steps: A-Levels/ OCR Sport Level 3, Apprenticeship, Employment

Future career opportunities that this subject may lead to: P.E. teacher, Physiotherapy/ Sports Injury Therapist, Fitness Coach/ Instructor/ Personal Trainer, Sport Scientist, Sports Biologist, Sports Medicine, Leisure Centre Manager/ Assistant/Lifeguard, Professional Sports Person, Sports Coach, Dietician, Sports Nutrition, Sport Psychologist, Strength and

What do year 10 and 11 say about PE?

“GCSE PE is a fun and interesting course which studies lots of different topics. It is quite full on as there are regular tests and pressure to do well practically. Overall though, I am glad I chose it as one of my options.”