

Physical Education – GCSE PE



Qualification: GCSE

Equivalent to: 1 GCSE (grade 9-1)

GCSE PE is for those who are interested in the theory behind sport: the science behind the body, how movements occur, the workings of the brain and its impact on performance and how data influences analysis. In order to be successful in the course students also need to be able to support the rigours of the theory with outstanding sports performance.

Course Content

- Applied anatomy and physiology
 - Bones, muscles, joints
- Movement analysis
 - Lever, planes and axis
- Physical training
 - Components of fitness, principles of training, optimized training and injury prevention, effective warming up and cooling down
- Use of data
 - qualitative and quantitative, presentation of data, data analysis
- Sports psychology
 - Classification of skill, target setting, information processing, feedback, mental preparation
- Socio-cultural influences
 - Engagement patterns, sport and commercialism, ethics,
- Health, fitness and well-being
 - Physical, emotional, social health and fitness, consequences of sedentary lifestyle, diet, nutrition, hydration
- Practical sports performance
 - A selection of sports studied as students assessed, the top three counting towards GCSE performance.

Assessment

- Two exam papers worth 60% of the course. Each paper is worth 30% of the course.
- 30% practical performance (3 sports, at least one team and one individual sport)
- 10% coursework.

Who would enjoy and be successful on the course?

Student interested in sport, those who compete in sport at a high level and have a thirst for learning about the theory behind the subject and want to take it further.

Progression – Sixth Form / Further Education / Careers

Successful completion of the course allows progress into the Sixth Form or college on Level 3 BTEC or A level courses. Sport and PE courses are a popular university option.