

PHYSICAL EDUCATION

Type of Qualification: GCSE

How it is assessed: Theory 60%
Controlled Assessment 10%
Practical 30%

Course Overview:

Students accessing this course will require a strong background in science and be taking part competitively in a **minimum of three sports** with the intention of continuing these through to Year 11. Participation in less than three sports on a regular basis will have a detrimental impact on the final outcome achieved.

This GCSE course gives students the opportunity to further their understanding of Physical Education. Students will study the different roles within sport and the relationship between the factors affecting participation and performance. The course covers how and why people get involved in sport and looks at why it is important to lead an active lifestyle.

The course is broken into three units:

- In unit one, students will study theory aspects based on Physical Factors Affecting Performance including Anatomy & Physiology and Physical Training.
- In unit two, students will study Socio-Cultural Issues & Sports Psychology this will include how Sports Psychology affects performance, Socio-cultural influences on the uptake and continued participation of individuals in sport, as well as gaining an understanding of Physical Activities impact on Health, fitness and wellbeing.
- Unit three, requires students to be assessed in practical performances across three activities (one of which will be team based and one individual based). Throughout the course, students will be expected to participate in both theory and practical sessions.

Students will be required to complete an analysis and evaluation of performance as part of the controlled assessment element of the course, this will require students to be able to identify strengths and weaknesses in their own performance and compare to the perfect model.

Post 16 and Career opportunities:

The GCSE course provides a good grounding to study more advanced courses such as AS/A2 Physical Education or a Level 3 Sport course. There are many options available to GCSE PE students including further education, higher education, vocational degrees, apprenticeships and jobs that offer workplace learning.

Career opportunities include community sports coach, sports broadcaster, fitness instructor, events manager, sports development officer, physiotherapist, teacher, nutritionist, referee, psychologist, marketing and many more.

