GCSE Physical Education

Course Content:

GCSE Physical Education equips students with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, and the benefits of physical activity to health, fitness and well-being.

Skills needed and developed:

The course builds on the knowledge, understanding and skills established in Key Stage 3 Physical Education. It gives opportunities to be involved in a number of different physical activities, promoting an active and healthy lifestyle.

This will require them to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.
- understand how the physiological and psychological state affects performance in physical activity and sport.
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/ or compositional ideas.
- develop their ability to analyse and evaluate to improve performance in physical activity and sport.
- understand the contribution which physical activity and sport make to health, fitness and well-being.
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport.

Assessment Methods:

The GCSE PE course is divided into 3 sections. Students will be required to sit two 60 minute exams: each worth 30% of their total GCSE mark and perform a practical assessment, worth 40% of their total mark. Included in this is also the submission of their AEP coursework.

Qualification gained at completion of the course:

Grade 9-1 GCSE in Physical Education

Post 16 options on completion of the course could be an A-Level in Physical education, BTEC Level 3 or an apprenticeship in the sports industry, followed by University. The course develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities. This can include further training in areas such as recreational management, leisure activities, coaching, officiating, the fitness industry, the armed forces and the Civil Service.