GCSE Physical Education

What Will You Do?

Practical:
You will learn more advanced skills and tactics for a range of sports. You put forward your 3 best sports which you then perform in front of an examiner on a moderation day.

Theory: The theory is divided into 2 components-
Component 1: Fitness and body systems- covering anatomy and physiology, movement analysis, physical training and the use of data.
Component 2: Health and performance- covering health, fitness and wellbeing, sport psychology, socio-cultural influences and the use of data.

Coursework: Personal Exercise Programme –
Aim and planning, Carrying out the PEP, evaluation of the PEP

Assessment Details

Practical
This is 30% of your final mark. You will be given a mark out of 35 for your 3 best sports. One sports must be a team game, one an individual sport and the third sport can be either.

Coursework
You will also need to complete coursework component of a Personal Exercise Programme. This is 10% of your final grade.

Theory
This is 60% of your final mark

You will take 2 written exams of 1 hour 45 minutes and 1 hour 15 minutes.

Is PE GCSE for you?

YOU NEED TO LIKE SPORT AND PARTICPATE OUTSIDE OF LESSONS.
You need to be physically fit/ or be prepared to get fit.
You should have good participation levels
We would like you to play sport for school/participate in extra-curricular activities/assist with coaching younger year groups.

To take this course, students should have an Upper Band English and Science (A/B/C). They must also participate in a qualifying sport outside of school (and will continue to participate in this sport throughout the length of the course).

<table>
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<tr>
<th>Possible Career Options</th>
<th>Further Education</th>
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<tbody>
<tr>
<td>Teacher</td>
<td>AS/A2 in PE</td>
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<tr>
<td>Sports Coach</td>
<td>BTEC ND in Sports Science</td>
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<tr>
<td>Sports Professional</td>
<td>BTEC ND in Sport</td>
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<td>Personal Instructor</td>
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<td>Physiotherapist</td>
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<td>Sports Nutritionist</td>
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<td>Police officer/Firefighter/Armed forces</td>
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