

Extra-Curricular

Pupils will be expected to take part in lunch time and after school clubs and activities to help improve practical performance and leadership / officiating skills.

Potential next steps

In addition to preparing the pupils for AS/A level PE, BTEC Nationals in Sport / Sport and Exercise Science. GCSE PE also allows for progression to related academic courses and vocational qualifications.

The course develops the skills that employers are looking for and can lead to a wide range of opportunities. This can include further training in areas such as recreational management, leisure activities, coaching, officiating, the fitness industry, the armed forces and many others.



GCSE Physical Education



Course Breakdown

GCSE PE is both a practical and theory based course. The course is assessed in four sections:

Theory Assessment: externally assessed through two written examination papers of 1 hour and 45 minutes and 1 hour 15 minutes. This contributes 60% of the final grade.

Practical Performance: three practical performances assessed through the final exam at the end of the course contribute 30% of the final grade.

Personal Exercise Programme: Analysis of proposed Personal Exercise Programme (PEP) and carry out and monitor the PEP, followed by an evaluation of the PEP. This will be worth 10% of the final grade.

Coursework: Personal exercise programme

Part of the analysis of performance grade will be based on planning, performing and evaluating a 6 week personal exercise programme.

Go Lead Award

Students have the opportunity to gain this nationally recognised leadership qualification through a series of extracurricular sessions. It aims to develop generic leadership skills through completing modules in areas such as communication and organisation, then applying these principles to planning and leading activity sessions.

Theory

The theory component of the course is delivered through classroom based lessons.

The GCSE in Physical Education requires pupils to develop their knowledge and understanding of physical activity and physical education, in relation to balanced healthy lifestyles.

The theory is split into two components:

Component 1 – Applied anatomy and physiology

Movement analysis

Physical training

Use of data

Component 2 – Health, fitness and well-being

Sport psychology

Socio-cultural influences

Use of data

Students will develop a knowledge and understanding of how a healthy, active lifestyle will contribute to the growth and development of areas such as the cardiovascular, muscular, respiratory and skeletal system and the short and long term effects of exercise on these systems.

Practical Performance

Throughout the course pupils will take part in a variety of different practical activities. These may include:

Football, swimming, basketball, netball, table tennis, hockey, badminton, athletics, tennis, trampolining and volleyball.

Students will be assessed in one team activity, one individual activity and a third from either a team or individual sport.

If students receive additional coaching, outside of school in sports not covered in our curriculum e.g. dance, equestrian, golf, there may be an opportunity to be assessed in this area. This will require pupils to work with their qualified coach over the duration of the course and to complete a final practical assessment (which needs to be recorded) under the supervision of the coach.