



# Physical Education (PE): GCSE

## What will I learn about?

The examination-based course in PE allows you to experience and gain confidence in both the theoretical and practical elements of sport. The course follows the AQA GCSE PE Full Course specification. This subject suits the more academic learner who is well equipped to cope with revision and exams. The practical element of the course will also involve the learner having a high competence across several sports and it is desirable to be competing at competitive school level or at club level outside of school.

## How will my work be assessed?

Currently the course is 40% practical and 60% theory.

**Knowledge and Understanding for the Active Participant;** the following areas are all covered in the theoretical component of the course:

### Paper 1

- Anatomy & Physiology
- Movement Analysis
- Physical Training
- Use of Data

### Paper 2

- Sport Psychology
- Socio-cultural influences
- Health, Fitness & Wellbeing Use of data

**Theory Assessment:** 2 x 1 hour 15-minute exams at the end of the course. Students should be able to cope with the demands of the theory work in GCSE PE, if they are currently working at a 6 in Y9 Science.

**The Active Participant:** Students will participate as performers in a range of physical activities throughout the duration of the course. This will involve at least 1 individual sport and 1 team sport.

**Practical Assessment:** Assessed in 3 sports with at least 1 individual sport (for example, athletics or swimming) and 1 team sport (for example, football or netball). It is essential to be playing competitive sport at club level in an AQA GCSE specification listed sport. Students may also be assessed in activities that are not offered as part of the PGS curriculum, which are included on the GCSE AQA PE specification for example, golf or skiing) and DVD evidence of their performance being provided by the pupil of their skills and competitive game play. The practical assessment will also involve a written analysis & evaluation.

## Who can I speak to for more information?

For more information about PE please speak to Miss Eales, Curriculum Area Leader for PE or contact [options@penistone-gs.uk](mailto:options@penistone-gs.uk)