

PHYSICAL EDUCATION – GCSE

What qualification does this course lead to?

Exam Level: GCSE Grades 9-1



What theoretical topics will I study in the classroom?

Component 1 - Applied Anatomy and Physiology

The Structure and Function of the Musculo-Skeletal System and the Cardio-Respiratory system, The Short and Long term effects of exercise, Planes and Axes of Movement and Lever systems, Skill and Health Related fitness and their tests, Training Methods, Sports Injuries and Drugs in Sport, Warm Ups and Cool Downs.

Component 2 - Health and Performance

Physical, Emotional and Social Health, Fitness and Well-being, Sedentary Lifestyle, Energy Use, Diet, Nutrition and Hydration. Sport Psychology including, Classification of Skill, Target Setting, Types of Guidance needed to aid Skill Learning, Mental Preparation, Socio-cultural influences on sport,

What understanding and skills will I develop?

- Advanced performance in at least one practical area.
- Rock Climbing techniques and teamwork through annual residential to Tower Wood.
- Knowledge of the PE and Sport Theory that underpins successful performance.
- Application of numeracy and literacy in the theory of PE and Sport.

How will I learn/how will I be taught?

Practical lessons are an extension of normal PE but with greater depth taught. Students will study different sports that are taught at KS3. They will have the opportunity to attend a residential at Tower Wood and study rock climbing. In four out of the five lessons over two weeks, theory will be taught with one practical lesson.

How will I be assessed?

The course is divided into two distinct parts: *practical and theory*.

You will be assessed in three different sports. One game, one individual and either another game or individual sport. You will take a practical exam in all three sports as well as being assessed in lesson time this is worth 30%. The theory side of the GCSE is examined at the end of the course in an exam on all the topics: Fitness and Body Systems 36%, Health and Performance 24%. The last 10% is a written coursework. Pupils will need to plan, perform and assess a personal exercise program.

What can this course lead on to?

AS and A2 P.E and Level 3 Sport BTEC. Any job in the leisure and sporting industry will expect you to have this qualification. If you are thinking about teaching P.E., studying Sports Science or Physiotherapy then GCSE Physical Education is what you need.

Who do I need to contact for more information?

Mr. P. Haydock