

# PHYSICAL EDUCATION

Our intention in GCSE PE is to develop knowledge and understanding of the value of regular safe exercise, how the human body functions and its response to physical activity. We also aim to develop an understanding of the factors that may affect performance and a healthy active lifestyle, while promoting knowledge, skills and understanding in a range of practical activities. Students will also learn about how the mind can affect sporting success through psychological factors such as motivation and goal setting. Social and cultural factors will also be addressed such as stereotyping, technology and commercialisation.

Students will be inspired, motivated and challenged, they will be able to make informed decisions about further learning opportunities and career pathways, develop knowledge, understanding, skills and values to improve and maintain their performance in physical activities and understand the benefits to health, fitness and wellbeing. They will have a range of opportunities to perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. For the practical and coursework elements of the course students will analyse and evaluate to improve performance in physical activity and sport.

The employability skills developed in GCSE PE include leadership, communication, problem solving, analysis and evaluation amongst others. The students will also experience a range of guest speakers in the field of sport to raise awareness of career opportunities and improve aspirations.