

WELCOME TO... GCSE PHYSICAL EDUCATION

**Do you enjoy sport and physical activity?
Do you want to develop your understanding of how the human body works and the importance of sport and physical activity in everyday life?**

In the PE department we offer 2 different examination courses. When you opt for examination PE, we will put you on the course we feel will give you the best chance of success.



What will I study?

GCSE Physical Education provides students with a detailed and interesting look into many areas of sport and physical activity, including:

- Health and Fitness and its importance in physical activity
- The different types and principles of training and their application in sport and physical activity
- The role of the major body systems
- Movement Analysis
- Psychological aspects of sport and physical activity
- The importance of diet and nutrition and its impact in sport and physical activity
- The impact of technology and its application in sport and physical activity

Assessment is through both NEA and written exams:

- **2 x Written Papers (each 75 mins/78 marks) - 60% of final grade, taken at the end of year 11.**
- **NEA - 40% of final grade**
 - **Assessment in 3 practical activities – 1 team activity, 1 individual activity and 1 other**
 - **Analysis and Evaluation Coursework in 1 activity**

Further opportunities:

Both PE courses lead to further opportunities for students which include;

- Progression onto one of our highly successful courses in the 6th form – Level 3 Cambridge Technical Sport or A-Level PE
- Future study/employment in areas such as: Teaching, Sports Coaching, Personal Training Instructor, Sports Psychology, Nutrition, Sports Science, Journalism and Performance Analysis
- Sport and Physical Activity continues to be a growth sector in society with lots of opportunities for employment

NEA: Practical Activities x3 and Coursework

