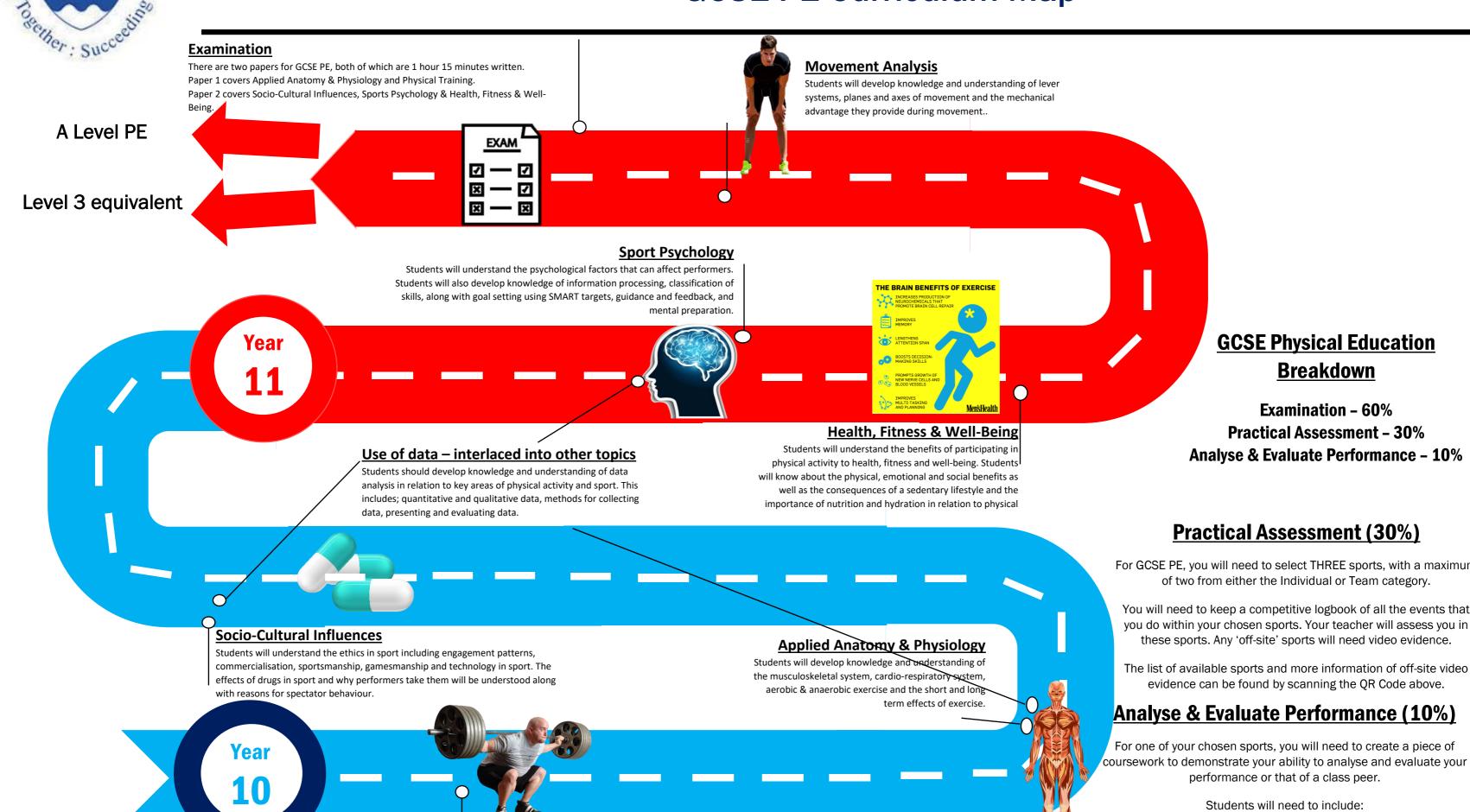
The Emmbrook School Physical Education Journey

GCSE PE Curriculum Map



Students will develop their knowledge and understand of the components of fitness

knowing how to optimise training and prevent injury using warm ups and cool downs.

principles and the different types of training to training programmes, along with

required for physical activities and how each can be measured, be able to apply training

Physical Training

GCSE Physical Education

Examination – 60% Practical Assessment – 30% **Analyse & Evaluate Performance – 10%**

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

you do within your chosen sports. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

evidence can be found by scanning the OR Code above.

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your performance or that of a class peer.

- Analyse aspects of performance in a practical activity.
- Evaluate two strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.

Scan the QR Code above to find out more information.

Your GCSE Physical Education Journey starts here ...