

## What is the course about?

GCSE PE seeks to help students develop and maintain performance in physical activities and understand the benefits to health, fitness and well-being. Students develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance. This will include understanding how the physiological and psychological state affects performance in physical activity and sport.



## What topics will I study?

**Component 1:** The human body and movement in physical activity and sport includes topics on Applied anatomy and physiology, Movement analysis, Physical training and Use of data.

**Component 2:** Socio-cultural influences and well-being in physical education and sport includes topics on Sports psychology, Socio-cultural influences, Health, fitness and well-being and Use of data.

**Component 3:** Practical performance in Physical Education and Sport focusses on helping students to perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas; also by developing the ability to analyse and evaluate in order to improve performance.

Further information can be found on a separate sheet entitled "Assessment At A Glance".

## What activities will there be?

Students will learn through a combination of practical and theory lessons, taking account of the 60% theory/40% weighting of the new qualification. Where suitable, some of the theory content will be delivered through practical sessions but students recognise that theory lessons will be taught and home learning tasks set on a weekly basis. Students will therefore need to have a genuine interest in studying the theory behind the subject and those factors which are important in leading active, healthy lifestyles.

## What percentage of the final grade is from coursework?

40% (internally assessed, externally moderated). Students are assessed as player/performer in three different activities chosen from those set out in the Specifications (one team, one individual and one either/or). Each marked out of 25, 10 marks for skills and 15 marks for performance in the full context of the activity (30% of grade). The verbal or written piece of coursework (non-examined assessment) will make up 10% of your final grade. You will be taught how to analyse and assess practical performance in a range of sports/activities before being assessed in one activity of your choice. You will analyse and evaluate either your own performance or that of another student.

## What about after Key Stage 4? (Careers and College)

A good grade at GCSE will help you move on to any AS, Advanced GCE or Advanced VCE course. Alternatively, you may wish to consider a more vocationally related course such as Level 3 BTEC Sport. Employment opportunities where your skills will be particularly valued include the sport and leisure industry, travel and tourism, coaching and teaching. Or you may wish to follow this course for its' own sake because you enjoy physical activity and wish to learn more about improving performance your own and that of others) and leading a healthy, active lifestyle (again, your own and that of others).

## Exam board and useful website?

AQA Physical Education (Specification 8582) <http://www.aqa.org.uk/>

