

Physical Education GCSE

What do you study?

The content of the AQA GCSE Physical Education course is designed to enable students to enjoy and understand the benefits of living a healthy and active lifestyle whilst gaining a detailed insight into the functions of the human body. Studying GCSE PE will provide students with the opportunity to develop their practical skills in sport and also their knowledge and understanding of the topics that surround sport.

The topics of study are wide ranging from Applied Anatomy and Physiology to Sports Psychology, all of which will develop your understanding of the large subject that is PE and Sport. A wide range of sporting activities are taught and can be used for assessment. Each year students are assessed in a wide range of activities allowing sporting strengths to be used across team and individual activities.

Significant differences from KS3?

This GCSE course follows on from the Key Stage 3 Physical Education, providing students with the opportunity to develop their practical skills further. During the practical element, students will be assessed in activities in school as well as those that are participated in outside of school. One of the most significant differences from Key Stage 3 is the theory content and the time spent in the classroom studying the human body and associated content for the examinations at the end of the course.

Why Study PE?

Students will cover vast content in this subject including applied anatomy and physiology, movement analysis, physical training, use of data, sports psychology, socio-cultural influences and health, fitness and well-being.

Students will have the opportunity to develop their organisation, enquiry and evaluation skills. The additional opportunity for students to develop their analysis skills will allow them to improve their own and others' performances.

How is the course assessed?

The course is assessed through two Areas of Study:

1. The Human Body and Movement/Socio-Cultural Influences and Well-Being in Sport:

60% Theoretical:

- Two written examination papers (78 marks per paper).
- 1hr 15 minutes in duration each.

2. Practical Performance in Physical Activity and Sport:

40% Practical:

- Controlled assessment conditions.
- 3 activities assessed in the role of a player/performer (one in a team activity, one in an individual activity and the third from a team or individual activity).
- Analysis of performance to bring about improvement in one activity.
- 100 marks.

Exam board link:

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582/introduction>