

PHYSICAL EDUCATION GCSE

Is GCSE PE Right for you?

Do you enjoy and work hard in your PE Lessons?

Do you enjoy sport and want to learn more about the theory behind it as well as playing it?

Do you enjoy Science, particularly Biology, and show an interest in how this links to exercise?

Examples of activities on offer:

Rugby, badminton, table tennis, netball, tennis, cycling, athletics, hockey, dance; including activities out of school: skiing, rowing, swimming, rock climbing, snowboarding, golf, equestrian, plus many more.



How is the course assessed?

Theory final exam (60% of total marks) – consisting of two exam papers:

Paper 1: Fitness and Body Systems: (30%)

- Anatomy and Physiology
- Movement Analysis
- Physical Training
- Use of Data – data interpretation.

Paper 2: Health and Performance: (30%)

- Health Fitness and Wellbeing
- Sport Psychology – classification of skill
- Socio-cultural Influences
- Use of Data

Practical Assessment – 75 marks

Practical Performance (performer only) in three activities (30%)

- One in a team activity
- One in an individual activity
- One in a team or individual activity

Assessed throughout the course, with video evidence gathered by school and family. Internally and externally assessed and moderated by visiting examiner.

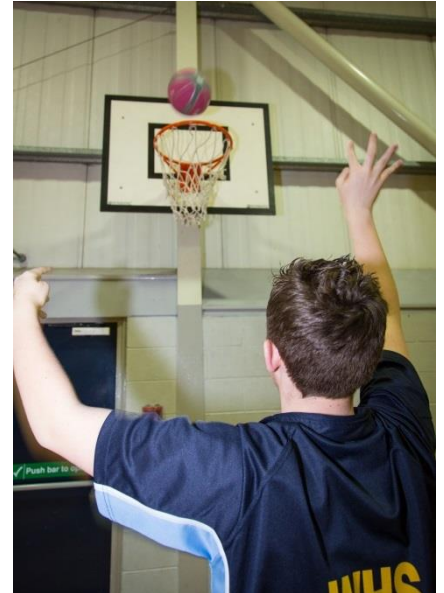
Performance analysis (analysis and evaluation) – 25 marks

Analysis and evaluation of performance to bring about improvement in an activity (10%)

Written coursework that analyses and evaluates a performance to identify two strengths and two weaknesses. They will produce an action plan that suggests ways to improve upon the two weaknesses that they have identified.

What can GCSE PE lead to in the future?

- A healthy and active lifestyle.
- GCSE PE develops skills and qualities that are important for any job or further study.
- Possible Career Pathways include: Sports Coaching, Exercise Physiologist, PE Teacher, Sports Development Officer, Physiotherapist, Sports Marketing, Medical Career, Army, Police, Fire Brigade, Sports Therapy, Fitness Instructor, and many more



Useful websites for a taste of the theory content:

- GCSE Bitesize – excellent for interactive revision activities and tests
www.bbc.co.uk/schools/gcsebitesize/pe/
- Teach PE – a site with revision lessons and resources for all sections of the syllabus
www.teachpe.com/gcse.php
- You Tube– Excellent for animated videos of the respiratory and circulatory system
www.youtube.com
- S-cool– excellent site with revision tips and information in a student friendly format
www.s-cool.co.uk/gcse/pe.html
- WHS VLE – GCSE PE page for all information about course and revision material

Contact a member of the PE Department for more details or email:
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