

Physical Education - GCSE

Number of Exams:

2

Controlled Assessments:

2

What are the aims of this course?

GCSE Physical Education prepares you for progression to further study or the next step towards the world of work:

- you will have developed transferable skills, including numeracy, communication and an understanding of practical performances;
- you will have developed a mix of scientific and social knowledge putting you in an excellent position to access a wide range of sport and non-sport related courses;
- you will have knowledge, skills and understanding to prepare you for a career in this dynamic employment sector;
- you will have skills to take to a wider range of careers from management, public sector organisations, businesses and charities.

What will I learn?

You will learn about:

- the diverse nature of sport;
- the link between physical activity and health;
- how athletes need to adapt physically and mentally to the changing sports environment;
- sporting success and failure;
- investigating the impact of technology and commercialism on participation and performance;
- how to refine and analyse your own performance;
- How to make decisions about what to do in your own fitness and training.

Course Outline

Unit Titles	Content	% Unit is Worth
Component 1	You will learn about physiological and biomechanical workings of the body and explore how to apply this to your physical training.	36%
Component 2	You will develop knowledge about the link between health and performance and explore the contribution that physical activity and sport make to health, fitness and well-being.	24%
Component 3	You will develop your practical performance skills in three different physical activities.	30%
Component 4	You will complete a Personal Exercise Programme (PEP) in one of your chosen sports. You will develop your ability to analyse and evaluate your personal fitness to improve/optimize performance in physical activity and sport.	10%

Progression and Career Opportunities

Progression:

A Levels in PE and Science but also provides transferrable skills for all subjects in further education.

Career Opportunities:

Careers are Medicine, Dentistry, Engineering, Veterinary Science, Physiotherapy and Sports Science are some examples for those who have studied A Level PE.

Further Information

If you are interested in studying GCSE Physical Education you should start to find out more about the subject by:

- visiting the Edexcel website <http://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>;
- for more information about what you will be studying and how you will be assessed talking to the Head of PE at your school;
- looking at what is happening in the world of sport by watching the news and relevant TV programmes or visiting the sport sections of websites such as the BBC.

For more information contact:

MsE Holland – Faculty Leader of PE

e.holland@thebarlowrchigh.co.uk

Mr Alan Greenlees – Acting Faculty Leader of PE

a.greenlees@thebarlowrchigh.co.uk