

## Both pathways

### *What is Physical Education?*

GCSE Physical Education provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. To study GCSE PE pupils will need to play sports to a high level outside of school or be an active member of a school team. In addition pupils must also reach a minimum of Level 6H in Science by the end of Year 9.

### *Course Content*

The course is divided into theoretical and practical sessions. The theoretical aspect covers the following topics:

1. Applied anatomy and physiology
2. Movement analysis
3. Physical training
4. Use of data
5. Sports psychology
6. Socio-cultural influences
7. Health, fitness and well-being

### *Assessment:*

Paper 1: The human body and movement in physical activity and sport – 30%

Paper 2: Socio-cultural & psychological influences and well-being in physical activity and sport – 30%

Non-exam assessment: Practical performance in physical activity and sport – 40%

With the practical component, pupils will be assessed in **three** sports **ONE** TEAM, **ONE** individual and **ONE** more team or individual sport.

### *Trips, Resources and other opportunities:*

Pupils can participate in a range of extracurricular clubs before or after school. There are a number of trips organised by the department e.g. white water rafting at the Olympic White Water Centre. Pupils will get the opportunity to lead small groups of pupils from our feeder primary school in a variety of sports.

### *Pupil Quotes:*

*"GCSE PE is a great stepping stone to A Level PE."*

*"Learning about the anatomy and physiology of the human body is difficult yet very interesting."*

**Subject Leader:** Luke Andrew

### *Exam Board:*

<b>Subject:</b>	<b>Board:</b>	<b>Syllabus Code:</b>	<b>Examination/NEA/Coursework</b>
GCSE Physical Education	AQA	8582	Exam 60% / Practical 40%