

A student's guide to the GCSE in

PHYSICAL EDUCATION



What is GCSE Physical Education all about?

PE will offer you the opportunity to develop your skills in a wide range of sports and activities and help you improve your own performance. You will learn about exercise, how the body works to help you exercise and then through training how performance can be improved.

Will I enjoy this course?

The course is practically based and involves participating in a range of practical activities as well as developing the knowledge to improve your own ability in these activities. For pupils who enjoy sport this will therefore be a very enjoyable course.

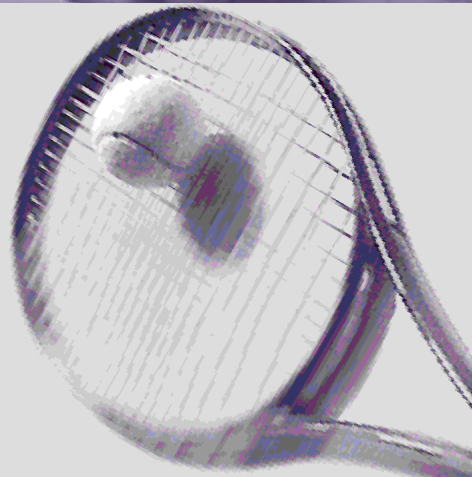


How does it follow on from what I have learned before?

You will have already been taught a variety of different activities in your PE lessons. This course will help you to build upon these basic skills. You will develop the analytical skills necessary to look at and improve your own performance.

What about exams?

There is one exam at the end of the course, which will test your knowledge and understanding of the theory element of the course. The exam will be 1 hour and 45 minutes and involve short questions that enable you to apply your understanding of the factors affecting participation.



Is there any coursework?

Throughout the course you will be learning and developing new skills and techniques through a range of different activities. The final coursework mark is worth 60% of the total mark and you will need to offer four activities for assessment. The course is also designed to develop your ability to observe and analyse different performances. In the final assessment you will need to analyse performance in one of your four chosen practical activities.

What other skills might I develop?

Physical education allows you to develop a wide range of personal skills through the involvement in physical activity. At the same time the need to analyse performance will often involve using ICT as a basis for studying and reviewing different performances.

What could I do next with GCSE Physical Education

A good grade at GCSE will help you move on to any AS, Advanced GCE or Advanced VCE course. If you enjoyed your Physical Education GCSE, you might want to continue with the subject onto the Advanced Subsidiary and Advanced Physical Education course.

Alternatively, you may wish to consider a more vocationally related course such as Leisure and Recreation.

Employment opportunities where your skills will be particularly valued include the sport and leisure industry, travel and tourism and teaching.

Or you may wish to follow this course for its own sake because you are interested in fitness and health and enjoy physical activities.