

Introduction to GCSE Physical Education

Why study Physical Education?

Do you like sport? Do you like learning new sports? Would you like to be rewarded for playing the sports you enjoy? Would you like to study sport? If you have answered yes to these questions, then you will enjoy GCSE Physical Education.

In this course you will improve your knowledge and performance in a range of practical activities and will have the chance to learn about the principles and practices which lead to good performance. The course will help you to develop your confidence, self-esteem and a sense of team spirit. The qualification can lead to further study of Physical Education or Leisure and Recreation or to a career within the sport and leisure industry.

You will study:

- * Effective performance in four chosen practical activities;
- * Observation and analysis of performance in one practical activity;
- * Factors affecting participation and performance in physical activity;
- * The relationship between health, fitness and practical activity;
- * Risk assessment in physical activity.

You will learn how to:

- * Develop and apply advanced skills and techniques;
- * Select and apply advanced skills, tactics, strategies and team skills;
- * Evaluate and improve performance;
- * Adopt a variety of roles in an activity such as performer, coach, referee;
- * Apply rules of activity and safety regulations.

Assessment:

The exam paper covers the full range of grades from G to A*. There are two aspects to your assessment.

Coursework

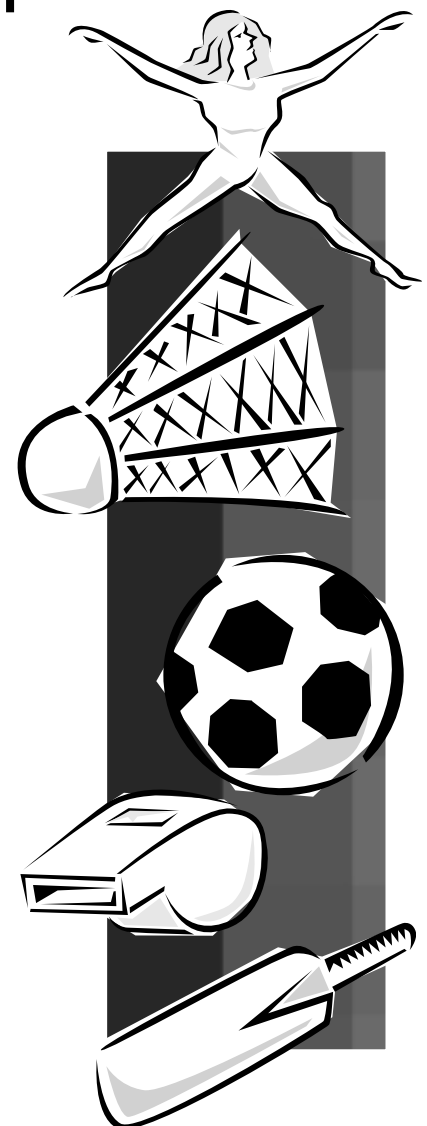
This will be worth 60% of your overall result. You will be assessed in four practical activities from a wide range of categories which includes: Association Football, Badminton, Netball, Gymnastics, Dance, Athletics, Canoeing, Swimming and Weight Training. You will also be tested on your ability to observe and analyse performance in a practical activity.

Written paper (1 hour 45 minutes)

The paper is divided into two parts: Section A will contain short structured questions and Section B will consist of three longer structured questions.

Both sections cover the three units of study:

1. Factors affecting participation and performance in physical activity;
2. Relationship between health, fitness and physical activity;
3. Risk assessment in physical activity.



GCSE

