

# PE

## INTRODUCTION

Are you someone who loves playing sport and taking part in physical activity? Are you interested in how our body works to enable us to complete physical activity and train or compete at different sports? If so, then GCSE PE is the perfect course for you. Scholars will apply their knowledge of a variety of different course areas to the sporting world, and evaluate them. The course also includes the performance of three different sports, and the ability to analyse and assess them – just like you see from the analysts on TV! To take on PE you need determination, resilience and above all else, a knowledge and interest in the sporting world around you.



## THE COURSE

### **Paper 1: Physical factors affecting performance**

*1 hour exam, 60 marks available, 30% of overall grade.* This includes: Applied anatomy and physiology – the skeletal system, the muscular system, movement analysis, the cardiovascular system, the respiratory system and the effects of exercise on the body. Physical training - components of fitness, the principles of training and preventing injury.

### **Paper 2: Socio-cultural issues and sports psychology**

*1 hour exam, 60 marks available, 30% of overall grade.* This includes: Socio-cultural influences – factors affecting participation in sport, commercialisation of sport, ethical and socio-cultural issues in sport. Sports psychology – skill classification, goal setting, mental preparation, types of guidance and feedback. Health, fitness and well-being – health, fitness and well-being and diet and nutrition.

### **Component 3: Performance in physical education**

Students are assessed in performing three practical activities and one performance analysis task. In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions. They are also required to demonstrate their ability to analyse and evaluate their own performance to produce an action plan for improvement.

For more information about the course, please click [here](#).

## NEEDED SKILLS

To be a successful GCSE PE student a strong understanding of the world of sport is essential. Scholars must be able to apply core knowledge to sporting context, using correct sporting terminology. Scholars must also have a strong base in sporting performance, competing or playing sport to a good level outside of school is essential.



Scan the QR code to watch a video with more information

## THE FUTURE

Studying GCSE PE offers numerous pathways into the world of work. Some of these include: sports marketing, sports analysis, sports journalism, physiotherapy, diet and nutrition and sports coaching.

For further information on PE, contact Mr Guildford, Head of PE.