

## GCSE PE and Sport

Equivalent to 1 GCSE A\* to G

**40% Written Examination**

**48% Practical Assessment**

**12% Analysis of Performance**

If you have enjoyed the practical side of PE during years 7, 8 and 9 you now have the opportunity to develop that aspect and to study the theoretical side of PE and Sport.

Your GCSE PE lessons will be in addition to your two core PE lessons each week.

PE kit remains the same. A regular commitment to extra-curricular activities is needed to be successful in this course.

### Unit 1: The Theory of Physical Education

**This is assessed by a written examination that counts for 40% of your GCSE grade.**

You will spend approximately half your lessons in a classroom. Homework is set weekly and at the end of the course you have a written examination that lasts for one and a half hours and includes multiple choice, short and long answer questions.

#### The exam covers:

- Healthy, active lifestyles and how they could benefit you
- Influences on your healthy, active lifestyles
- Exercise and fitness as part of your healthy, active lifestyle
- Physical activity as part of your healthy, active lifestyle
- Your personal health and well being

#### Healthy active body

- A healthy, active lifestyle and your cardiovascular system
- A healthy, active lifestyle and your respiratory system
- A healthy, active lifestyle and your muscular system
- A healthy, active lifestyle and your skeletal system
- Physical activity and your healthy mind and body

### Unit 2: Performance In Physical Education

**You will be assessed by a practical examination that counts for 48% of your GCSE grade**

Students are required to offer four performances, in practical contexts, from the list below. At least two of the four performances must be in the role of player/participant.

Students can go on to gain A levels in Sport which can lead on to University courses; Business Sport Management, Coaching, Physiotherapy, Sports Science and many more. Careers include; Fitness Instructor, Sports Coach PE Teacher, Sports Centre Manger and many more.

"I enjoy doing the theory as it is interesting and different"

"I chose PE as I wanted to further my knowledge and education in sport"

"Lessons are fun, both practical and theory"

Please see a member of the PE Team for more information



The Skills Academy

