

COURSE GUIDE - PHYSICAL EDUCATION (PE)

WHAT IS PE?

Physical Education is the study of physical activity and how it contributes to the development of an individual physically, socially and mentally. This GCSE will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and well-being. The current specification teaches students to evaluate performance and suggest plans for improvement. They also cover the benefits of healthy living alongside topics like the role of media in sport.

WHAT WILL I STUDY?

This course will help students of all abilities to develop a well-rounded skill set and prepare them for progression to further studies. The range of topics is vast but comprehensive and will allow the student to gain a wealth of knowledge.

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Sports psychology
- Socio-cultural influences
- Health, Fitness and well-being
- Data analysis
- Analysis and evaluation of performance to bring about improvement in one activity

HOW WILL I BE ASSESSED?

PE has two exams at the end of year 11. Both papers hold the same weighting of 30% each. 40% will be split between performance in three different sports and analysis of performance.

- Paper 1 - The Human Body and movement in physical activity and sport (1 hour 15 minutes, 78 marks)
- Paper 2 - Socio-cultural influences and well-being in physical activity and sport (1 hour 15 minutes, 78 marks)

The exams will contain a mixture of multiple choice/objective test questions, short answer questions and extended answer questions

- Non exam assessment; Practical performance in physical activity and sport (three different sports and analysis of performance of improving performance, 100 marks). It is important that students understand that they must perform in at least one individual sport.

HOW CAN I PROGRESS?

The GCSE course allows you to develop and apply an understanding of the factors that underpin performance and involvement in physical activity and sport. Using these key skills it will help you analyse and evaluate the key factors including how to improve performance. The practical element will help you develop, demonstrate and apply relevant skills and techniques in physical activity and sport. The course includes element of math, science and written work. To progress in this subject you need to understand a range of key vocabulary and be able to both describe, analyse and evaluate all key topics.

FURTHER INFORMATION

<http://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

<http://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

