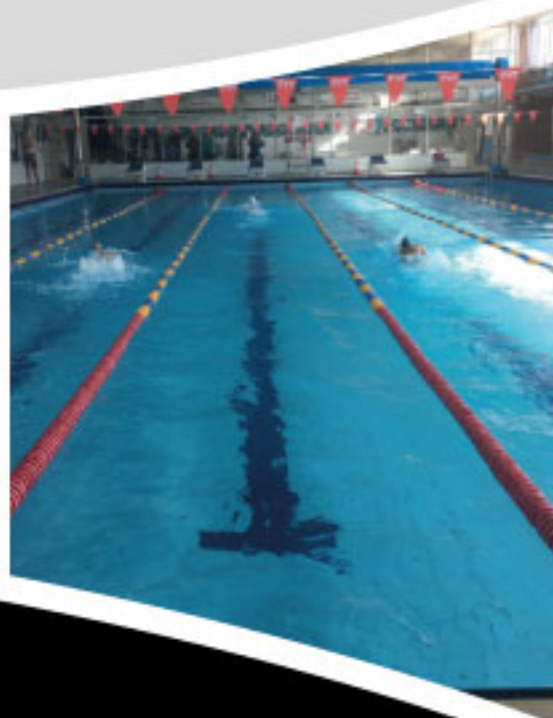


Why Choose GCSE Physical Education?

Physical Education offers you the opportunity to acquire an understanding of how your body is affected by physical exercise day to day and in the long term. You will find out about rules and safety issues in training for and competing in sporting activities. You will study a wide range of subjects and apply your theory to your practical sports. You will study practical skills covered in the National Curriculum and also explore fitness issues, training methods, skill acquisition and aspects of sports psychology.



GCSE P.E. will enable you to develop transferable skills including: decision making, team working, problem solving, independent thinking, as well as thinking, acting and reacting under pressure. You will take part in a practical and theory session each week, working individually and in groups to measure and test fitness levels. Work will be presented in the form of a Fitness for Sport project and by application of theory to practical areas of study.



At Alun School,
our experienced teaching team provide expert guidance and tuition.

GCSE Physical Education

Assessment Information

Examining Board: WJEC Accreditation: GCSE Grades A* - G

Unit 1 - Introduction to Physical Education - range of short and extended questions based on audio-visual stimuli and other sources, testing your knowledge and understanding of anatomy and physiology, fitness, training, skill acquisition, sports psychology and why people participate in sport.

(2 hour written examination that makes up 50% of the qualification)

Unit 2 - The Active Participant in Physical Education - practically assessed in **three** different activities in the role of performer in at least **one** individual sport, **one** team sport and **one** other. One major activity will have a personal fitness programme linked to it and you will be expected to identify weaknesses in your performance and make suggestions to correct them.

(Non-exam assessment that makes up 50% of the qualification)

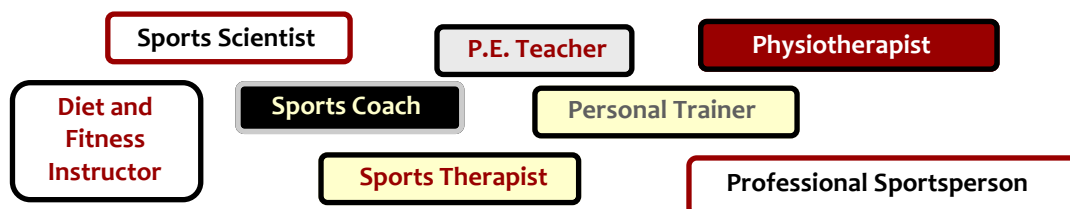
Who is suitable for this course?

To be successful at this course it is important that you have an interest in many areas of P.E. as reflected in your participation rates in Years 8 & 9, playing in inter-house competitions, school teams or local clubs. You must be able to swim 50 metres effectively, have a good level of fitness and work well with others. All practical work is compulsory and you will be expected to wear GCSE P.E. clothing for all activities.

Why should I take this course?

GCSE P.E. is a practical course that is designed to encourage you to be inspired, motivated and challenged. It will enable you to make informed decisions about your future pathway.

GCSE P.E. will give you an excellent grounding for multiple career opportunities such as:



Future Options

After studying GCSE P.E. you could:

Study Advanced Level P.E. or BTEC Sport at Sixth Form;

Study for a degree in a P.E. related course or other subject at university;

Get a job within the field of physical education.

For Further Information

Please contact the PE department.

