



Physical Education GCSE

KS4

Why should I study this course?

Practical Lessons: the GCSE PE specification will stretch the practically able sportsperson. In the 2 practical lessons a fortnight you will focus on developing skills, techniques and competitive play. Practical activities organised by PE staff may take place in school or off-site (e.g. swimming, kayaking, rock-climbing). You will also have the option to submit detailed structured DVD evidence of you performing in sports such as skiing and equestrian. You will be assessed in all sports looking at core skills and fully competitive situations, then your top three sports will be put forward for moderation. In Year 11 you will complete a short piece of written coursework in controlled assessment conditions analysing your best sport by looking at your strengths and weaknesses and evaluating your performance to bring about improvement in one activity. The practical and coursework will count for 40% of you mark.

Theory: In the 3 theory lessons a fortnight you will cover health and fitness for a healthy lifestyle, physical training, movement analysis, anatomy and physiology, socio-cultural factors, sports psychology, and using data in sport. Each theory lesson will be classroom based. This will lead to two 75 minute exams counting for 60% of your mark

From studying GCSE PE you will be equipped to study A-Level PE or Cambridge Nationals in Sport Level 3 in Year 12.

What knowledge and/or skills will I need?

Skills that you will need, or that you will be required to develop, include:

- a **high practical sporting ability (you need to be actively competing in at least 1 sport outside of school)**
- being open to learn about a **range** of sporting activities (not just those you prefer)
- a high degree of self-discipline and motivation during theory classes

How will I be assessed?

The course is run by the AQA exam board

- This will involve **three** assessments as a player/performer in one team sport, one individual sport, and one sport of your choice. You will be assessed in all sports covered plus any additional 'offsite' activities that you excel in (e.g. equestrian, golf, skiing). Your best **three** activities scores will be used making up 40% of the total.

Team activities	Individual activities
Football, Badminton, Basketball, Carnogie, Cricket, Dance, Gaelic football, Handball, Hockey, Hurling, Lacrosse, Netball, Rowing, Rugby (league or union), Squash, Table tennis, Tennis, Volleyball	Amateur boxing, Athletics, Badminton, Canoeing, Cycling, Dance, Diving, Golf, Gymnastics, Equestrian, Kayaking, Rock climbing, Rowing, Sculling, Skiing, Snowboarding, Squash, Swimming, Table tennis, Tennis, Trampolining
Specialist activities Blind cricket, Goal ball, Powerchair football, Table cricket, Wheelchair basketball, Wheelchair rugby	Specialist activities Boccia, Polybat
NB specialist activities can only be opted by those with a disability.	

Theory will be assessed by two written papers of 1 hour 15 minutes worth 30% each and will involve multiple choice, short answer questions and one prose answer based on on two long answer questions.

Want more information?

Email Mr Dominey rdominey@corfehills.net

Visit the [AQA Website](#)