Physical Education (GCSE)

Information from the exam board can be found here.

Grades awarded: 9 – 1

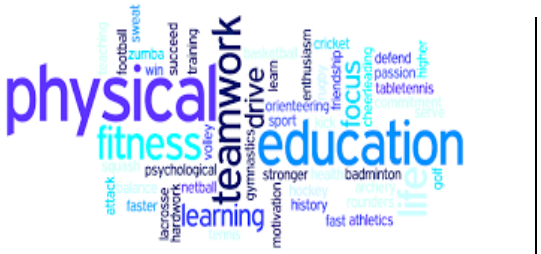
Why study this subject?

This subject will provide students with an in-depth knowledge of six key areas associated with physical activity and sport. Students will examine sports specific biology, the factors that affect participation and the psychological techniques that can maximise performance. Studying this subject will support students in their own understanding of sports performance and provide a solid foundation for a career in sport.

Students wishing to study GCSE PE must demonstrate sustained commitment to either an Academy sports team or other extracurricular sporting activities.

What will I study in this course?

- Applied Anatomy and Physiology
- Physical Training
- Movement Analysis
- Sports Psychology
- Health, Fitness and Wellbeing
- Socio-cultural Influences



How will I be assessed?

Students will be assessed in four areas:

- ability to create a training programme that will increase their own sports performance (10%);
- practical ability in three sports of their choosing (30%);
- examination assessing fitness and body systems (1 hr 30 mins, 36%);
- examination assessing health and performance (1 hr 15 mins, 24%).

What will this qualification lead to?

This course would enable a student to access an A Level Physical Education course (offered at The King's Academy Sixth Form) or a Level 3 vocational course at college.

This qualification will be extremely valuable for students who wish to become physiotherapists, sports coaches, PE teachers, sports analysts, personal trainers or a member of the armed forces.

How is the course structured?

	Autumn Term	Spring Term	Summer Term
Year 9	Health Fitness and Wellbeing (at a basic level)	Physical Training (at a basic level)	Anatomy & Physiology (at a basic level)
Year 10	Health Fitness and Wellbeing Applied Anatomy and Physiology (at a more advanced level)	Physical Training Movement Analysis (at a more advanced level)	Socio-cultural influences Sports Psychology (at more advanced level)
Year 11	Applied Anatomy and Physiology Movement Analysis Physical Training (with an examination	Sports Psychology Health Fitness and Wellbeing Socio-cultural influences (with an examination focus)	Revision & Examinations

For more information, contact: Mr Lynch (Head of Physical Education)

Revised: March 2022