

GCSE 2016

Physical Education

Student Guide



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Why study Physical Education?

Physical Education is the right subject for you if you enjoy:

- learning about the world of Sport and Physical Education
- keeping up to date with sporting issues
- performing and developing your own practical performances
- communicating and explaining your ideas
- independent thinking, reflective learning and problem solving

'I really enjoy relating the theories we learn to my own practical performances' Knights Templar School



Is Physical Education for me?

Yes if you enjoy:

- exciting opportunities on a number of different physical activities
- being active and promoting a healthy lifestyle
- sport and exercise
- learning about how your body and mind respond and adapt to the demands of exercise
- exploring the challenges all sports face in the modern commercial climate



What will I learn?

You will learn about:

- the diverse nature of sport
- the link between physical activity and health
- how athletes need to adapt physically and mentally to the changing sports environment
- sporting success and failure
- investigating the impact of technology and commercialism on participation and performance
- how to refine and analyse your own performance
- How to make decisions about what to do in your own fitness and training



How is the course structured?

The course consists of **four** components:

- **Component 1** – you will learn about physiological and biomechanical workings of the body and explore how to apply this to your physical training
- **Component 2** – you will develop knowledge about the link between health and performance and explore the contribution that physical activity and sport make to health, fitness and well-being



- **Component 3** - you will develop your practical performance skills in three different physical activities
- **Component 4** - you will complete a Personal Exercise Programme (PEP) in one of your chosen sports. You will develop your ability to analyse and evaluate your personal fitness to improve/optimise performance in physical activity and sport



How will I be assessed at GCSE Level?

Paper 1

You will tackle multiple-choice, short answer and extended writing questions on the body systems and physical fitness – this is the content you study in Component 1

Paper 2

You will tackle multiple-choice, short answer and extended writing questions on the link between health and performance – this is the content you study in Component 2



Non-Examined Assessment

This will usually take place in your own school. You will be assessed in the practical performance of your three chosen sports and your Personal Exercise Programme (PEP).

This work will also be externally moderated - this is the content you study in Component 3 and 4.



What can I do next?

GCSE Physical Education prepares you for progression to further study or the next step towards the world of work:

- you will have developed transferable skills, including numeracy, communication and an understanding of practical performances
- you will have developed a mix of scientific and social knowledge putting you in an excellent position to access a wide range of sport and non-sport related courses
- you will have knowledge, skills and understanding to prepare you for a career in this dynamic employment sector
- you will have skills to take to a wider range of careers from management, public sector organisations, businesses and charities



Next Steps!

If you are interested in studying GCSE Physical Education you should start to find out more about the subject by:

- visiting the Edexcel website
<http://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html> for more information about what you will be studying and how you will be assessed
- talking to the Head of PE at your school
- looking at what is happening in the world of sport by watching the news and relevant TV programmes or visiting the sport sections of websites such as the BBC