

Physical Education



Exam Board	AQA
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Qualification	GCSE
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Aims and Objectives	<p>GCSE PE will offer you the opportunity to develop your skills in a wide range of sports and activities and thereby help you to improve your own performance. You will learn about exercise, how the body works to help you exercise, and then, through training, how performance can be improved.</p> <p>You will have already been taught a variety of different activities in your PE lessons. This course will help you to build upon these basic skills. You will develop the analytical skills that are necessary for you to look at and to improve your own performance.</p> <p>This specification follows on from the Key Stage 3 Physical Education programme of study by providing students with exciting opportunities to lead a healthy and active lifestyle by choosing from a variety of roles and activities in which to participate.</p> <p>The content of the GCSE PE specification is designed to enable students to enjoy and understand the benefits of living a healthy and active lifestyle, to provide a route to further study at A-Level or in higher education, and to open up related career opportunities.</p>
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Content (Outline of Course)	<p>Unit 3: Knowledge and Understanding for the Active Participant Theory lessons covering: the participant as an individual; the physical and mental demands of performance; leisure and recreation; diet, health, fitness and a healthy, active lifestyle; training; school and physical education; cultural aspects; opportunities for further development; international factors; and social factors.</p> <p>Unit 4: The Active Participant Practical coursework from a range of activities including: games, gymnastics, dance, athletics, life-saving, personal survival, outdoor and adventurous activities, and fitness and health activities.</p>
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Assessment	<p>Unit 3: Knowledge and Understanding for the Active Participant Written paper – 1 hour 30 minutes 80 marks (40% of the final grade) Scenario issued to centres in advance of the examination.</p> <p>Unit 4: The Active Participant Controlled assessment 90 marks (60% of the final grade) Four assessments from at least two groups or ways of thinking with at least two completed as either a player or as a performer.</p>
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Careers Guidance	<p>The course can lead on to further education (e.g. A-Level PE or BTEC Vocational Sport) and sports-related careers including the following:</p> <p>Health and exercise: health promotion officer, gym instructor, nutritionist, personal trainer;</p> <p>Management: disability sports development officer, events manager, football manager, sports development manager, talent project coordinator;</p> <p>Media and marketing: broadcasting, journalism, marketing, photographer;</p> <p>Science: sports scientist, physiotherapist, sports massage therapist, strength and conditioning coach;</p> <p>Teaching and coaching: PE teacher, children's sports coach, outdoor adventures leader, ski instructor, performance analyst, competition manager.</p>
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