

# Physical Education | GCSE

**TEACHER RESPONSIBLE FOR COURSE** : Mr P. Ruff

## DESCRIPTION OF COURSE

This GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain an understanding of how physical activities benefit health, fitness and well-being.  
Content and assessment overview

### **Component 1:** Fitness and Body Systems (36% of the qualification)

Written examination: 1 hour and 45 minutes consisting of multiple choice, short answer and extended writing questions

Content overview

- Topic 1: Applied anatomy and physiology
  - Topic 2: Movement analysis
  - Topic 3: Physical training
  - Topic 4: Use of data
- 

### **Component 2:** Health and Performance (24% of the qualification)

Written examination: 1 hour and 15 minutes consisting of multiple choice, short answer and extended writing questions

Content overview

- Topic 1: Health, fitness and well-being
  - Topic 2: Sport Psychology
  - Topic 3: Socio-cultural influences
  - Topic 4: Use of data
- 

### **Component 3:** Practical Performances (30% of the qualification)

Content overview

- Skills during individual and team activities
- General performance skills

# Physical Education | GCSE

The assessment consists of students completing three physical activities from a set list.

One must be a team activity: Football, Badminton, Basketball, Camogie, Cricket, Dance, Gaelic Football, Handball, Hockey, Hurling, Lacrosse, Netball, Rowing, Rugby league, Rugby union, Squash, Table Tennis, Tennis, Volleyball, Blind cricket, Goal ball, Powerchair football, Table cricket, Wheelchair basketball, Wheelchair rugby

One must be an individual activity: Boxing, Athletics, Badminton, Canoeing, Cycling, Dance, Diving, Golf, Gymnastics, Equestrian, Kayaking, Rock Climbing, Rowing, Sculling, Skiing, Snowboarding, Squash, Swimming, Table tennis, Tennis, Trampolining, Boccia, Polybat

The final activity can be a free choice from either list

---

## **Component 4:** Personal Exercise Plan - PEP (10% of the qualification)

Content overview

- Aim and planning analysis
- Carrying out and monitoring the PEP
- Evaluation of the PEP