

Physical Education

COURSE OUTLINE

The WJEC GCSE Physical Education course is designed to encourage pupils to be inspired, motivated and challenged by the subject and enable them to make informed decisions about further learning opportunities and career pathways in sport and physical activity.

Pupils who pursue GCSE Physical Education **must**:

- ❖ have an immaculate participation record at Key Stage 3
- ❖ display a positive attitude towards the subject, being a positive role model to others
- ❖ **actively participate in competitive sport for school teams and be members of team/individual clubs outside of school**, participating in at least one sporting activity on a regular basis.

HOW WILL I BE ASSESSED?

Unit 1: Introduction to Physical Education 50% theory	Unit 2 - The active participant in Physical Education 50% practical
Written examination: 2 hours.	Practical exam assessment
Assessed through a range of short and extended questions based on all units of work covered.	Assessed in: <ul style="list-style-type: none"> ● three different activities in the role of a performer ● at least one individual and one team sport and one other activity from the activities provided ● a personal fitness programme linked to the chosen major activity (8% of grade).

WHAT WILL I STUDY?

Summary of the theory content	Summary of the practical content
The subject content focuses on five key areas: <ol style="list-style-type: none"> 1. Health, training and exercise 2. Exercise physiology 3. Movement analysis 4. Psychology of sport and physical activity 5. Socio-cultural issues in physical activity and sport. 	GCSE Physical Education is assessed in three different practical activities in the role of a performer: <ul style="list-style-type: none"> ● one individual sport ● one team sport ● and one other activity from the range of activities covered. One activity will be a major activity which will have a personal fitness programme linked.

CAREER OPPORTUNITIES AND PROGRESSION

Pupils who study GCSE PE can pursue careers in sports science, PE teaching, Physiotherapy, sports coaching, personal training or diet and nutrition related jobs.

Some of the key hiring qualifications requested by employers in today's market, include **leadership, perseverance, dedication** and **strategic thinking**, all of which you learn in Physical Education at Islwyn High School.