

GCSE Physical Education

New Spec

September 2016



Course Content:

- **60 % - Theory Two exam papers 1 hr 15 min each**
- **30% - 3 Practical Sports(must include a team and an individual sport)**
- **10% - Analysis of performance**



Theory Areas covered

Paper 1

- **Anatomy and Physiology**
- **Movement Analysis**
- **Sports Psychology**
- **Use of data**

Paper 2

- **Socio – cultural influences**
- **Health, fitness and well being**
- **Use of data**

Activities List

- Football *
- Basketball *
- Badminton *
- Cricket
- Dance
- Handball *
- Netball *
- Rugby *
- Squash
- Table Tennis *
- Tennis *
- Athletics *
- Swimming
- Cycling
- Trampolining *
- Gymnastics

Badminton singles = Individual sport

Badminton doubles = Team sport

BUT – You can't do both!!!!

*** = Sports covered in College**

See the options booklet for the full range of sports

How will your lessons be organised?

- 2 – Theory lessons per week
- 1 – Practical lesson per week

There maybe sports you play outside of College(For example swimming) you can still offer these and use them in your exam



WHY GCSE PE?

- GCSE PE can be used in the following areas
- Understanding of a healthy active lifestyle
- A Level PE
- Sports Science
- Armed forces
- Teaching (Primary and Secondary)
- Leisure industry (Personal trainer, sport centre management)
- Journalism
- Sports Photography
- Sports Nutrition