

AQA GCSE Physical Education (Option)

What will I learn?

The students will develop their practical skills in a range of sports and develop their ability to evaluate a performance and suggest improvements.

They will develop a theoretical knowledge of the human body, movement, socio-cultural influences and well-being in physical activity and sport

What do I need to know before I can start the course?

No specific knowledge is needed as it will follow on from the Physical Education lessons in Years Seven and Eight. However, a strong interest in sport is essential and a willingness to study in a classroom environment where the focus will be on the ability to apply strong theoretical knowledge to practical contexts.

What does the course involve?

The course comprises of three units.

Unit one 40% – Practical performance. 30% (minimum of one team sport and one individual sport from a prescribed list). 10% analysis of a performance in one sport. Assessed practically.

Unit two 30% – The Human body and movement in sport (applied anatomy and physiology, movement analysis, physical training.) Theory exam.

Unit three 30% – Socio-cultural influences and well-being in physical activity and sport (sports psychology, socio-cultural influences, health, fitness and well-being.) Theory exam.

What can I do after the course? What careers will this course be useful for?

GCSE PE offers routes to further education, such as A-levels, higher education in PE as well as other related career opportunities. GCSE PE enables students to transfer their acquired skills into related or similar subjects such as social science qualifications.

Who can I talk to for more information?

See any member of the PE staff.

What websites can I check out?

aqa.org.uk/8582