

GCSE
Physical
Education

STUDENT
GUIDE

INTRODUCTION

Taking part in physical activities or sports helps achieve and maintain a healthy body and lifestyle.

Our GCSE in Physical Education gives you the opportunity to learn about how your body works, how to plan and lead a healthier lifestyle, and the factors that can affect your health.

WHY STUDY PHYSICAL EDUCATION?

You will gain an understanding of health, physical fitness and the role of the active leisure industry in providing opportunities to improve health and fitness. You will perform in three physical activities or sports.

There is a new option of event management. This topic is covered at GCE and is therefore of great benefit to students who plan to study GCE Sports Science and the Active Leisure Industry.

UNIQUE FEATURES OF THIS QUALIFICATION? IMPROVEMENTS MADE?

Any three sports can be selected from our list of activities, including sports recommended by Disability Sport NI.

We are making our list as long as possible to give you more choice.

One activity can be externally assessed.



WHAT WILL I STUDY?

UNIT ASSESSMENT	AREAS OF STUDY
Component 1: Factors Underpinning Health and Performance	<p>You will study how your body systems work, how to maintain good health and how lifestyle decisions can affect health. You will also study the active leisure industry.</p> <p>This component is assessed in a 1 hour 15 minute written examination worth 25 percent of the overall GCSE qualification.</p>
Component 2: Developing Performance	<p>You will study physical fitness and its importance for health and for efficient and effective performances in your physical activities and sports. You will learn how to plan effective training programmes to develop physical fitness.</p> <p>This component is assessed in a 1 hour 15 minute written examination paper worth 25 percent of the overall GCSE qualification.</p>
Component 3: Individual Performances in Physical Activities and Sports	<p>You must perform three physical activities or sports.</p> <p>This unit is assessed using controlled assessment worth 50 percent of the overall GCSE qualification.</p>



Component 1
Factors Underpinning Health and Performance

25%



Component 2
Developing Performance

25%



Component 3
Individual Performances in Physical Activities and Sports

50%

WHAT CROSS-CURRICULAR SKILLS, THINKING SKILLS AND PERSONAL CAPABILITIES WILL I DEVELOP?



CROSS-CURRICULAR SKILLS AT KEY STAGE 4 COMMUNICATION, USING MATHEMATICS AND USING ICT

This qualification will help you gain valuable skills that can lead to further study at advanced level, for example GCE Sports Science and the Active Leisure Industry.

Applying the skills that you will learn from studying GCSE Physical Education will benefit you in everyday life and any career path that you follow.

Below are examples of some of the skills you will develop:

- working with others;
- planning and evaluating training programmes; and
- presenting, analysing, interpreting and evaluating data and information.

WHAT CAN I DO WITH A QUALIFICATION IN PHYSICAL EDUCATION?

Studying Physical Education can lead to careers in leisure or recreation management, sports management, podiatry, physiotherapy, dietetics, sports coaching, professional sports, gym instruction, fitness instruction, personal training and lifeguarding.

