

GCSE Physical Education



Why choose A GCSE in Physical Education: The majority who study Physical Education do so because it builds upon previous sporting experiences and allows pupils to develop their knowledge and understanding of specific roles and responsibilities, therefore encouraging competitive excellence in their chosen activities. GCSE Physical Education supports a wide range of future study and careers such as sport, leisure, physiotherapy, journalism, coaching, nutritionist, psychology and teaching. Students can then study A-Level P.E. and to on to University to study courses in sport science, sports engineering, sports management, exercise science, physical education, physiotherapy or sports nutrition.

What will I study? Physical Education has 4 components.

- Component 1** - **Fitness and Body Systems**
- Component 2** - **Health and Performance**
- Component 3** - **Practical Performance of 3 activities**
- Component 4** - **Personal Exercise Programme**

Who would this course suit? Anyone with a passion and curiosity to look deeper into Physical Education, anyone playing sport with a club or for the school who looks to challenge themselves and wants to reach their performance as a performer, anyone who is prepared to work hard, work independently and bring a passion and enthusiasm to the classroom and any sporting situation.

How will I learn?

Physical Education is a practical physical subject. You will have the opportunity to undertake activities within lessons and competition; this will develop your skills, understanding and knowledge of sport.

We will also be in the classroom learning about the theory behind what makes an athlete successful, how the body works, and how to adapt the bodies functions to gain maximum performances. Your lessons will be well resources with materials to support your learning, including on line sources and up to date text books.

The Department is very well equipped with excellent school teams, excellent experienced teachers with specialist knowledge in all activities covered. We will encourage you to become more self-reliant and able to work independently and as part of a team. You will have regular theory based lessons and homework tasks to consolidate your learning

How will my work be assessed?

- Year 10** - **Two Physical activities, your Personal Exercise Programme (PEP) and two exams**
- Year 11** - **Three Physical activities, your PEP, Analysis of Performance and two exams**

THEORY – 60% - **End of Year 11**

Component 1 - **Fitness and Body Systems**

1 hour and 45 minutes examination and is worth 36% overall. This covers the main areas of anatomy and physiology, movement analysis, physical training and use of data

Component 2 - **Health and Performance**

1 hour and 15 minutes examination and is worth 24% of the qualification. This covers the main areas of health, fitness and well-being, Sports Psychology, social cultural influences and use of data.

Component 3 - **Practical Activities – 30% practical performance of 3 activities**

Component 4 - **10% - Personal Exercise Programme**

This element is a coursework examination developing the student's knowledge and understanding of their fitness levels and how to improve their performance.

How can I use this course after Year 11/ in the future?

Students can then study B-Tec Sport National Extended Certificate and go on to University to study courses in Sports Science, Sports Engineering, Sports Management, Exercise Science, Physical Education, Physiotherapy or Sports Nutrition.

There is a wide and varied range of exciting career opportunities linked to this subject. Here are just a few examples: Sports Coaching, Leisure and Tourism, Physiotherapy, Journalism, Coaching, Nutritionist, Sports Psychology and Teaching.

If I want to know more I should ask.....

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