



## Physical Education: GCSE

**AQA** 3 lessons per week.

This course provides students with an opportunity to study both the practical and theoretical aspects of Physical Education. Theoretical topics will help students to develop a well-rounded skill set and prepare them for progression to further studies. Students will be able to develop an understanding of effective and safe physical performance. They will be able to appreciate the necessity for sound understanding of the principles and practices that underpin improved performance as well as better health and well being.



### Content

### Assessment

#### Exam: 60%

#### Paper 1: The human body and movement in physical activity and sport

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Written exam:  
1 hour 15 minutes

30% of GCSE

#### Paper 2: Socio-cultural influences and well-being in physical activity and sport

- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

Written exam:  
1 hour 15 minutes

30% of GCSE

#### Non-Examined Assessment: 40%

Analysis and evaluation of performance in ONE sport.

Written document:  
Assessed by teachers and moderated by AQA  
10% of GCSE

Performance in THREE sports

Practical performance:  
Assessed by teachers and moderated by AQA  
30% of GCSE