

Course Description:

A GCSE in Physical Education equips students with the knowledge, understanding and skills to develop their own performance in sport. They develop their understanding of socio-cultural influences on participation in sport, and the benefits of physical activity to health, fitness and well-being.

Topics Covered**Exam 1 – Factors Affecting Physical Performance**

- The structure and function of the skeleton
- The structure and function of the muscular system
- Biomechanical movement analysis
- The cardiovascular and respiratory system
- The components of fitness
- The principles of training
- Preventing injury in physical activity and training

Exam 2 – Socio-cultural issues and sports psychology

- Engagement patterns of different social groups
- Commercialisation in sport
- Ethical issues in sport
- Sports psychology
- Health, fitness and well being

Practical

- Football
- Rugby
- Physical Fitness
- Athletics
- Handball
- Gaelic Football
- Dance
- Rock Climbing

Exam Details

Exam 1 – Factors Affecting Physical Performance (1 hour)

Exam 2 – Socio-cultural issues and sports psychology (1 hour)

Coursework / Controlled Assessment Information

Analysis of own physical performance. Students will thoroughly evaluate their own physical performance in their chosen sport. Furthermore, they'll create a six-week training programme to improve their identified areas for development.

Enrichment

- Opportunity to experience a new sport, such as; Rock Climbing, Gaelic Football and Handball
- Residential experience in year 11.

Progression Route/s

- A Levels in Biology and Physical Education
- BTEC Level 3 in Sport
- Sports Coaching
- Sports Development

