

## Details at a Glance

Qualification

GCSE

Level

1 & 2

Exam Board

WJEC

Tiered

No

Limited Group size

Yes

## Course Structure

This WJEC course provides pupils with a keen interest in sport to combine physical and academic skills to obtain a GCSE qualification. The course aims to:

- Develop and apply knowledge, skills and understanding of physical education through selected practical activities
- Promote an understanding of the health benefits and risks associated with taking part in physical activity
- Develop skills necessary to analyse and improve performance.

## Examination/ Assessment

### **Unit 1: Theory**

Factors affecting exercise, performance, health, well-being and lifestyle choices.

#### **Written paper (2 hours) 50% of Qualification**

Learners will be assessed through a range of short and extended questions.

The questions will be based on audio-visual stimuli and other sources.

The subject content focuses on five key areas:

1. Health, training and exercise
2. Exercise physiology
3. Movement analysis
4. Psychology of sport and physical activity
5. Socio-cultural issues in sport and physical activity

### **Unit 2: Practical**

Performance in Physical Education.

Learners will be assessed in **three** different activities in the role of performer in at least **one** individual sport, **one** team sport and **one** other.

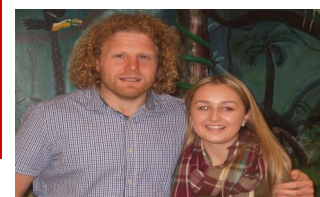
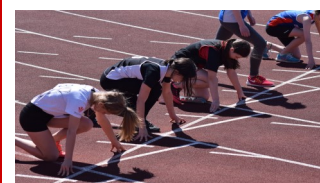
One activity will be a major activity which will have a personal fitness programme linked to the activity (coursework).

**For the team sports/activities** candidates should: demonstrate the application of skills/ techniques/strategies appropriate to the position/activity in demanding situations i.e. in small sided and full sided games in competitive contexts.

**For individual sports/activities** candidates should: demonstrate the application of skills/ techniques/strategies appropriate to the activity in demanding pressure situations.

### **Pathways**

Many higher education and career opportunities are available following qualifications gained in physical education - teaching, sports administration, physiotherapy, remedial gymnast, sports injury, leisure industry and the forces.



## Staff

Mrs B Lougher

Mr C Banfield

**Examination Board Website -**

<https://www.wjec.co.uk/qualifications/physical-education/r-gcse-physical-education-from-2016/>