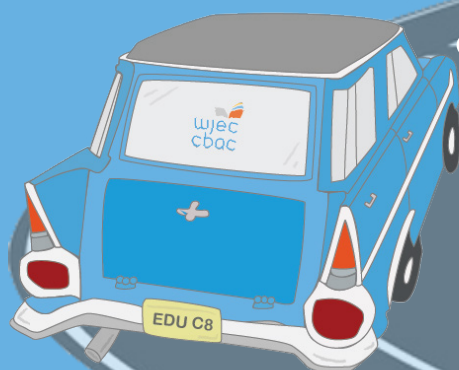


# YOUR JOURNEY

TO BECOMING EXAM READY



## WELCOME TO GCSE PHYSICAL EDUCATION



The WJEC GCSE Physical Education qualification will enable you to engage in a practical course, designed to encourage learners to be inspired, motivated and challenged by the subject and enable them to make informed decisions about further learning opportunities and career pathways. Through studying GCSE Physical Education, you will acquire the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being

## PLANNING AHEAD...

The specification in physical education will enable you to make connections between theory and practice so that you are able to apply your understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.

By studying physical education you will be able to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop your ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution which physical activity and sport make to health, fitness and well-being
- understand key socio-cultural influences which can affect people's involvement in physical activity and sport in Wales and the wider world.

The qualification will build on subject content which is typically taught at Key Stage 3 and provides a suitable foundation for the study of Physical Education and Sport at Level 3, for example, WJEC A Level Physical Education.

# GIVE IT YOUR ALL!

## TOP TIPS

**Start to think about what Sports and activities** you enjoy.

**Try to analyse what makes a good performance** and how performance can be improved.

**look at ways of developing your performance through skills, drills and training.**

**Think about the how your body works and moves.**

**Look at information on sports psychology** and how important mental preparation is to sport.

**Think about why you play sport** and take part in physical activity.

**Consider the impact of media coverage** on sports development.

**Watch other training and develop physically** for a healthy life or sport.

**Think about how technology is changing the world** of sporting performance.

## WELLBEING GUIDANCE

### **Take baby steps.**

Remember this is a journey and you will pick skills and knowledge up along the way.

### **Take regular breaks from studying.**

Exercise, meet friends, spend time with family.

### **Look after yourself.**

Make sure you are getting a balanced diet and get enough sleep.

### **Try to stay positive.**

Even if you don't feel like it, a positive attitude will help you.

### **Remember that everyone's different.**

Try not to compare yourself to others.

## HOW ARE YOU ASSESSED?

### **Unit 1 Introduction to Physical Education**

There will be a written examination in the summer when you are in year 11.

### **Unit 2 The active participant in Physical Education**

You will need to complete a practical assessment of three activities of your choice from the approved list, activities must be at least one individual and one team sport and one other. Further to this you will have to complete a written piece of work to accompany the practical element, called a Personal Fitness Profile which will help to improve fitness and performance in one of the practical activities in which they were assessed i.e. the major activity.

