

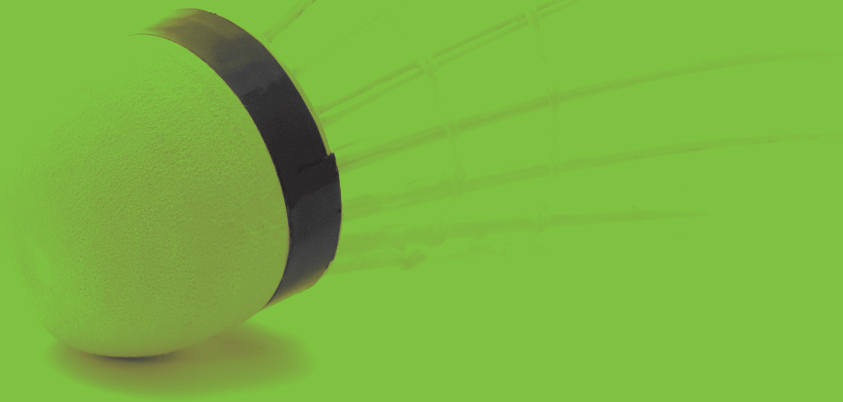
# GCSE PHYSICAL EDUCATION

## Why choose 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.

## What will I study?

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.



# GCSE PHYSICAL EDUCATION



## What skills will I develop?

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 their 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.

## How will I be assessed?

**Unit 1: Introduction to physical education will be assessed through a written examination**

- **2 hours**
- **50% of qualification**
- **100 marks**
- **A range of short and extended questions. The questions will be based on audio-visual stimuli and other sources.**

**Unit 2: The active participant in physical education will be assessed through non-examination assessment: marked by your teacher, externally moderated by WJEC. This includes three different activities in the role of performer and a written piece of coursework in the form of a personal fitness programme linked to your chosen major activity. This unit is worth 50% of the total qualification.**

**Practical Assessment:**

- **Three different activities in the role of performer from the approved list found in the specification**
- **At least one individual and one team sport and one other.**

**Personal Fitness Programme:**

- **Learners must design a personal fitness programme which will help to improve fitness and performance in one of the practical activities in which they were assessed i.e. the major activity.**
- **Learners will not be assessed on whether improvements have occurred.**
- **It is recommended that the programme be a minimum of 8 weeks duration.**
- **The written evidence may be submitted electronically or as a paper version and must include evidence of the following:**
  1. **Self analysis of current fitness level**
  2. **Recommendations to improve fitness and performance in the major activity**
  3. **A plan of the fitness programme**
  4. **Completion and monitoring the programme**
  5. **Evaluation of the programme**
  6. **Recommendations for improvements to personal performance in the major activity.**

## Careers with GCSE Physical Education

This qualification will build on subject content which you will have been taught at Key Stage 3 and will provide a suitable foundation for the study of physical education and sport at Level 3 for example the WJEC A level Physical Education. This qualification will also provide a coherent, satisfying and worthwhile course of study for you if you do not progress to further study in this subject.