

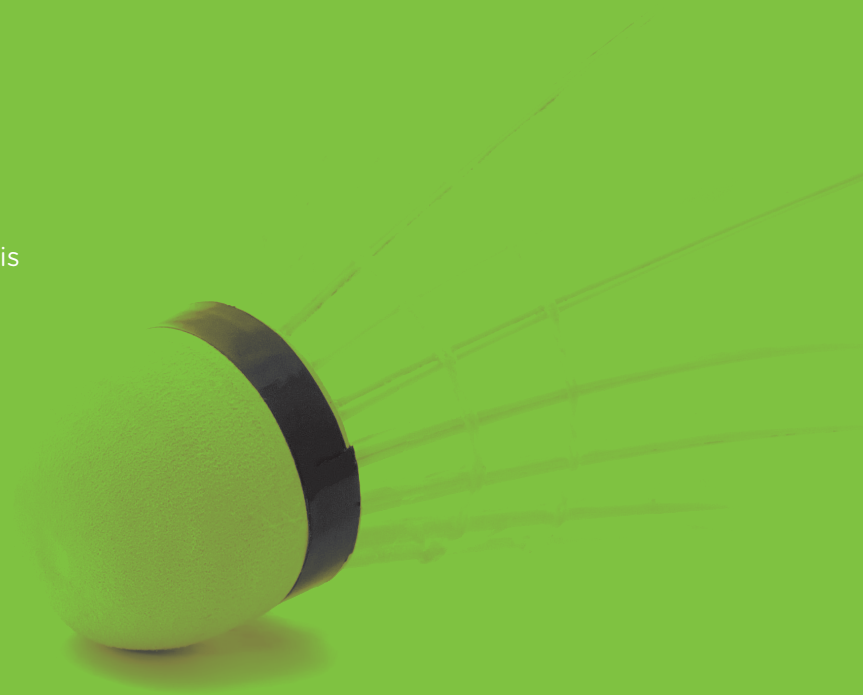
# GCSE PHYSICAL EDUCATION

## Why choose GCSE Physical Education?

The WJEC Eduqas GCSE Physical Education specification is broad, coherent and practical, 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 learners 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.

## How will I be assessed?

**Component 1: Introduction to Physical Education will be assessed through a written examination**

- **2 hours**
- **60% of qualification**
- **120 marks**
- **Learners will be assessed through a range of short and extended answers. The questions will be based on stimuli/sources**

**Component 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 training programme linked to your chosen major activity. This is worth 40% of the total qualification.**

**Practical Assessment:**

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

**Personal Training Programme:**

- **Learners must design a personal training programme with the aim of providing recommendations to improve performance in one of the practical activities in which they were assessed.**
- **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:**
  - **A self-analysis of current performance levels in one of the chosen practical activities.**
  - **A plan of the training programme with a clear objective**
  - **Completion and monitoring of the training programme**
  - **An evaluation of the training programme and the results**
  - **Recommendations for improvements to personal performance**

## 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 Eduqas AS and A Level qualification's in Physical Activity. 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.