

## PHYSICAL EDUCATION GCSE

GCSE Physical Education provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. Students can choose from a variety of roles and activities in which to participate in physical activity.

Students will learn how to analyse and evaluate performance and suggest effective plans for improvement.

This course has 60 per cent controlled assessment.

This specification is particularly suitable for students who wish to continue their studies in further education and for those who are interested in related career opportunities.

### **Unit 3: Knowledge and Understanding for the Active Participant (Full Course)**

Written Paper - 1 hour 30 mins

80 marks - 40%

Scenario issued to centres in advance of the examination.

### **Unit 4: The Active Participant (Full Course)**

Controlled Assessment - 90 marks - 60%

4 assessments from at least 2 groups/ways of thinking: at least 2 as player/performer.

## **Units 3: Knowledge and Understanding for the Active Participant**

The Active Participant takes as its focus the securing of the knowledge and understanding needed for the candidate to take responsibility for his/her own physical growth and development as part of a personal healthy active lifestyle. This aspect of the course encourages students to make informed choices about getting involved in healthy physical activities that meet their needs, and develop knowledge and understanding of the roles that the active participant can adopt and what constitutes effective performance in these different roles.

### **Unit 4 - Practical work (Controlled Assessment)**

Students can choose to participate as player/performer, organiser, leader/coach or official:

Player/Performer	developing the ability to make effective plans to improve performance
Organiser	bringing together all the main ingredients at the right time, in the right place, in order to maximise promotion, participation and high quality performance
Leader/Coach	an important influence on individuals or groups towards set goals, or on behaviour in sport; a specialist in an activity, responsible for preparing a performer in skill; Acquisition, correct technique, correct physical state or correct mental state.

Official	someone who controls the activity; interprets the rules, laws or regulations of the activity including checking the equipment.
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For the Full Course (Unit 4) – 4 assessments of which at least 2 assessments must be as player/performer, and they must include activities from at least 2 groups/ways of thinking.

Range of activities

Students should understand that regular physical activity that is fit for purpose, safe and enjoyable has the greatest impact on physical, mental and social well-being. This can be achieved through planning the targeted selection from the following physical activities as part of a balanced healthy lifestyle. Students should understand the reasons for and benefits of choosing different types of activities.

<b>Skill</b>	<b>Type of activity</b>
Outwitting opponents	games activities
Accurate replication of actions, phrases and sequences	gymnastic activities
Exploring and communicating ideas, concepts and emotions	dance activities
Performing at maximum levels in relation to speed, height, distance, strength or accuracy	athletics activities
Identifying and solving problems to overcome challenges of an adventurous nature	lifesaving, personal survival and outdoor and adventurous activities
Exercising safely and effectively to improve health and well-being	fitness and health activities

**Exam Board AQA**

**Enquiries to Mr Frost**

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