

GCSE Physical Education

Course content and overview

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. Learners will also develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.

Assessment Details

Exam Board: WJEC

Assessment: 2 Units

Unit 1:

Introduction to physical education Written examination: 2 hours
50% of qualification (100 marks)

Unit 2:

The active participant in physical education
Non-exam assessment 50% of qualification (100 marks)

Learners will be assessed in:

- three different activities in the role of performer
- at least one individual and one team sport and one other from the approved lists of activities
- a personal fitness programme linked to the chosen major activity.

Useful Revision Guides, resources and websites

The Physical Education GCSE specification can be found at: [GCSE Physical Education \(wjec.co.uk\)](https://www.wjec.co.uk/gcse-physical-education)

Revision materials can be found at BBC Bitesize: [GCSE Physical Education - WJEC - BBC Bitesize](https://www.bbc.com/bitesize/gcse/physical-education/wjec)

Supporting Home Learning

- Independent reading using the GCSE revision booklet provided.
- Regular revision will enable pupils to embed their knowledge and ensure familiarity with the different question types.
- Preparation and organisation to complete training program will support pupils when completing their personal fitness programme.

Progression Routes & Careers

Physical education helps develop and maintain confidence, well-being and social skills. Every employer looks for candidates who are able to communicate well verbally and work collaboratively well with others.

Physical education lends itself to a range of careers in sports and fitness as well as other industries that you may not have considered before. For example -

- Sports science
- PE teacher
- Physiotherapist
- Professional sportsperson
- Sports coach/consultant
- Sports policy at local and national level
- Diet and fitness instructor
- Personal trainer

Contact for help: Staff number