

Circular S/IF/07/24

January 2024

To: The Principals of Post-primary Schools and Directors of Further and Higher Education

For circulation to: Examination Officers, Heads of Physical Education Department, and Teachers of GCSE Physical Education

GCSE Physical Education

Developing Muscular Fitness

Following receipt of a number of queries from centres, CCEA has created a short fact file to clarify the elements that broadly reflect common understanding around improving muscular strength, muscular power and muscular endurance.

The fact file Developing Muscular Fitness can be found in the Support section on our website, or by using this link: [Developing Muscular Fitness](#).

Please note, candidates in examination series from Summer 2024 onwards who use related information from the 2nd and 3rd editions of the CCEA GCSE PE textbook and/or the new Fact file, to form appropriate responses, will continue to be credited.

If you have any queries regarding the content of this circular please contact:

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