

# GCSE PHYSICAL EDUCATION SNAPSHOT

## OVERVIEW

Studying Physical Education will enable students to gain knowledge and understanding of health and performance in physical activities and sports. They will learn how to evaluate performance, make improvements and be aware of the factors that can affect health and performance.

By undertaking this subject, students will be well prepared to study at advanced level, for example GCE Sports Science and the Active Leisure Industry.

Studying Physical Education can lead to careers in leisure or recreation management, sports management, podiatry, physiotherapy, dietetics, sports coaching, professional sports, gym instruction, fitness instruction, personal training and lifeguarding.

## SPECIFICATION SUMMARY

Component 1 is assessed in an external written examination. The content covers the body at work, health and lifestyle decisions, and the active leisure industry.

Component 2 is assessed in an external written examination. The content covers developing physical fitness for performance and developing skilled performance.

Component 3 is assessed in a controlled assessment task. Students perform three physical activities or sports. They are assessed on the quality, efficiency and effectiveness of their performances, and the quality of their analysis and evaluation of their own and others' performances.

## BENEFITS TO STUDENTS

Physical Education combines well with Leisure and Tourism, as well as science subjects such as Physics, Chemistry and Biology. Students can develop their skills in Communication, Using Mathematics and Using ICT.

It provides a number of key benefits to students, including:

- learning how the body works, maintaining good health and being aware of the effects of lifestyle decisions;
- working with others in training, practising and competing;
- selecting suitable physical activities or exercises for a range of individuals;
- planning and evaluating training programmes;
- presenting, analysing, interpreting and evaluating data and information; and
- performing three physical activities or sports.

## CROSS-CURRICULAR SKILLS, THINKING SKILLS AND PERSONAL CAPABILITIES THAT WILL BE DEVELOPED

Students can develop the following skills.

- Communication (oral and written): participate in discussions, debates and interviews.
- Using Mathematics: interpret and analyse mathematical data, and use mathematical language, notation, mental computation, mathematical concepts and problem-solving strategies.
- Using ICT: use technology to access, manage, select and present information.
- Self-Management: plan work, set personal goals and targets, monitor, review and evaluate progress, improve learning and effectively manage time.
- Working with Others: learn through co-operation with others, teamwork, listen to others and influence group thinking and decision-making.
- Problem Solving: identify and analyse relationships and patterns, form opinions, justify views, analyse and assess evidence, evaluate options and justify decisions.

## UNIQUE FEATURES OF THIS QUALIFICATION/IMPROVEMENTS MADE

We engaged with Disability Sport NI and included sports they recommended in our list of activities and sports.

There is one list of activities and sports to choose from, which means students can select any three activities or sports from our list without restriction. Although other awarding organisations are reducing their lists, we are making ours as long as possible.

The Physical Education specification allows students to select one activity that can be assessed externally. We have also introduced a new activity option of event management, which reflects the content of our GCE in Sports Science and the Active Leisure Industry.



## CONTENT AND ASSESSMENT

CONTENT	CONTENT SUMMARY	ASSESSMENT	WEIGHTING
<b>Component 1: Factors Underpinning Health and Performance</b>	This component covers: <ul style="list-style-type: none"><li>the body at work;</li><li>health and lifestyle decisions; and</li><li>the active leisure industry.</li></ul>	External written examination  1 hour 15 mins	25 %
<b>Component 2: Developing Performance</b>	This component covers: <ul style="list-style-type: none"><li>developing physical fitness for performance; and</li><li>developing skilled performance.</li></ul>	External written examination  1 hour 15 mins	25 %
<b>Component 3: Individual Performances in Physical Activities and Sports</b>	Students perform three physical activities or sports from the list that we supply.	Controlled assessment	50 %

## SUPPORTING YOU

The following resources are available to support this specification:

- our Physical Education microsite at [www.ccea.org.uk](http://www.ccea.org.uk) and
- specimen assessment materials.

We also intend to provide:

- past papers;
- mark schemes;
- Chief Examiner's reports;
- Principal Moderator's reports;
- guidance on progression from Key Stage 3;
- planning frameworks;
- centre support visits;
- support days for teachers;
- agreement trials;
- controlled assessment guidance for teachers;
- controlled assessment guidance for candidates;
- interactive revision activity for Components 1 and 2;
- a resource list; and
- exemplification of examination performance.

# SPECIFICATION SNAPSHOT