

GCSE Physical Education

2016 -2018

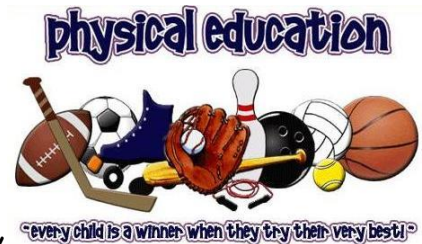
From September 2016 the syllabus for WJEC GCSE has been revised, therefore it will look slightly different to the current course.

The GCSE is in two parts.

Theory = 50% of overall grade. Practical = 50% of overall grade.

Unit 1 - Written exam paper. 2 hours, 100 marks. Topics to include:

- Health, training and exercise.
- Exercise physiology.
- Movement analysis.
- Psychology of Sport and physical activity.
- Socio-cultural issues in sport and physical activity.



Unit 2 - Practical performance and Personal Fitness Programme.

Pupils will be assessed in their practical performance in *three* activities:

- One individual activity.
- One team activity.
- Any one other.

N.B. All activities must come from the agreed list. If considering GCSE PE as an option you should be able to name three activities at the end of Year 9 that you regularly participate and perform in.



- **Personal Fitness Programme** - is a written piece of work to support the practical work in one activity, made up of:
 - Self-analysis of current fitness level.
 - Recommendations to improve performance.
 - Plan of fitness programme.
 - Completion and monitoring of fitness programme.
 - Evaluation of the programme.

