

# Physical Education KS4 Learning Journey



## What is the course about?

Studying GCSE Physical Education will open your eyes to the amazing world of sports performance. Not only will you have the chance to perform in three different sports through the non-exam assessment component, you will also develop wide ranging knowledge into the how and why of physical activity and sport.

The combination of the physical performance and academic challenge provides an exciting opportunity for students. You can perform, and then through the academic study, learn how to improve your performance through the application of the theory.

Physical Education is learned about through a range of different contexts and the impact it has on both ours and other's everyday lives. You will learn the reasons why we do things, why some people out perform others, mentally and physically. You will also delve into the ethical considerations behind the use of drugs and also gain an understanding of the consequences of inactivity and poor diet.

Through an introduction to all areas of PE, students will receive a well-rounded and full introduction to this fascinating world of PE, physical activity and sport. This GCSE study provides everything needed to move on to further education, higher education, employment or further training.

Students will have the opportunity to develop a wide-ranging set of key skills, including communication using appropriate language, dealing with pressure, split-second decision making, interpreting and analysing data, as well as analysing and evaluating performance so improvements can be made.



## What will I do and how will I be assessed?

**Component 1 - Physical Factors Affecting Performance**  
Assessed by examination in Year 11

*Assessment: 60 marks, 1-hour exam (30%)*

**Component 2 - Socio-cultural Issues and Sports Psychology**  
Assessed by examination in Year 11

*Assessment: 60 marks, 1-hour exam (30%)*

**Component 3 - Performance with Physical Education**

Students will be required to undertake two parts within this component:

- Part 1 - Performance of three sports or activities, one team, one individual, and one free choice.
- Part 2 - Performance analysis of a sport or activity project.

*Assessment: 80 marks, Non-examined Assessment (40%)*

- Part 1 - Performance practical in three activities, equally weighted at 20 marks each (30%)
- Part 2 - Analysing and Evaluating Performance (AEP) - 20 marks (10%)

## What can I do afterwards?

Students can continue with this subject at A Level or BTEC Level 3. Possible University courses include Sport Science, Physiotherapy, Sports Development and Sports Coaching.

## Electronic Links

[Bitesize](#)

[Teams](#)



A.E.P Coursework

Recap Paper 2

Recap Paper 1

Yr11

Skill, Psychology,  
Diet & Nutrition  
(Paper 2)

Participation,  
Commercialisation  
and Ethics in sport  
(Paper 2)

Principles of Training  
Injury prevention  
(Paper 1)

Exercise, Training  
& Fitness  
(Paper 1)

Respiratory and  
Cardiovascular systems  
(Paper 1)

Anatomy &  
Physiology  
Muscular &  
Skeletal Systems  
(Paper 1)

Yr10