



Physical Education

“Every accomplishment starts with the decision to try.”

Anon

Course content

GCSE Physical Education is a course based on your ability to perform practically in different sports and your knowledge and understanding of various concepts surrounding participation and performance.

You will work through many different topics in theory, and assessment will be divided into four practical sports, two controlled assessments on practical performance and analysis, and two written exams: introduction to PE and developing knowledge in PE.

Skills developed

- Team work
- Communication
- Competitive working
- Analysing technique and performance
- Understanding how the body works

Topics covered

- Anatomy and physiology
- Fitness and healthy, active lifestyles
- Reasons for participation
- Effects of exercise
- Media and sponsorship

For more information

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