

What is Physical Education?

GCSE Physical Education provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. To study GCSE PE pupils will need to play sports to a high level outside of school or be an active member of a school team. In addition pupils must also reach a minimum of Level 6H in Science by the end of Year 9.

Course Content

The course is divided into theoretical and practical sessions. The theoretical aspect covers the following topics:

1. Applied anatomy and physiology
2. Movement analysis
3. Physical training