



BRUTON SCHOOL
FOR GIRLS
ON SUNNY HILL

GCSE PHYSICAL EDUCATION

Mrs P Davies

General Introduction

Candidates need a keen interest in the subject, both practical and theory and should have achieved a very good standard in the Physical Education lessons. This is an excellent course for pupils who have represented the school in any sport and have attended practices regularly throughout their school career and those wishing to pursue a career in this area. The new specification course focuses on the importance of a healthy lifestyle in the context of the individual and the nation, as well as giving students the chance to really excel in their chosen sports.

Course Specification

AQA Physical Education **4892**

Summary of course content

Theory - Knowledge and Understanding for the Active Participant

- The roles of the active participant e.g. coaching sport or umpiring
- The demands of performance e.g. injuries, aerobic and anaerobic exercise
- Health, fitness and a healthy active lifestyle e.g. training and diet
- School influences
- Opportunities and pathways available for becoming or remaining involved in physical activities
- International and other factors e.g. media, sponsorship, the Olympics

Practical - The Active Participant

Pupils will be assessed in 4 activities. Two of which must be as a player/performer and a further two as a player/performer, official or leader/coach. Pupils must choose activities from at least two different areas in the following list. Games activities; gymnastic activities; dance activities; athletics activities; lifesaving, personal survival and outdoor and adventurous activities; fitness and health activities

How the course is assessed

The theory component consists of a written paper that is 1 hour 30 minutes in length. Pupils are issued with a sporting scenario prior to the exam and some of the exam questions relate to this pre-release material. The theory paper accounts for **40%** of the final grade.

The practical assessment consists of four performances. Each of these will be judged in the following two areas. Key Process A – Developing skills in physical activity and Key Process B – Being creative and making decisions. One of the four activities will also be assessed through a short piece of written coursework or a recorded interview. The practical element accounts for **60%** of the final grade.