



DRAYTON MANOR HIGH SCHOOL

YEAR 10 & 11 COURSES

Subject Physical Education

Course Level GCSE

Examining Body AQA

What will I be studying?

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Health, fitness and well-being
- Sport psychology
- Socio-cultural influences in sport
- Skills during individual and team activities

What skills will I develop?

- The ability to develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance
- The ability to perform effectively in different physical activities by developing skills and techniques
- The ability to understand the contribution that physical activity and sport make to health, fitness and well-being
- The ability to analyse and evaluate to improve performance in physical activity and sport

How will the course be structured?

Component 1: Fitness and Body Systems
30% of the qualification

Component 2: Health and Performance
30% of the qualification

Component 3: Practical Performance
30% of the qualification

Component 4: Analysis and evaluation of performance to bring about improvement
10% of the qualification

How will I be assessed?

Component 1: Written examination
1 hour and 15 minutes

Component 2: Written examination
1 hour and 15 minutes

Component 3: Internally marked and externally moderated practical examination

Component 4: Internally marked and externally moderated analysis of performance

If you have any further questions about taking this course, who should you speak to?

1. Your PE/Games Teacher
2. Head of Physical Education – Ms Paine