



GCSE Physical Education

This GCSE course can only be taken as part of a package of GCSEs.

The GCSE Physical Education (PE) course offers students a holistic understanding of the principles, practices and benefits of physical activity and sport. Through a combination of theoretical study and practical application, students explore topics such as anatomy and physiology, sports psychology and socio-cultural influences on participation in physical activity.

This course promotes an active and healthy lifestyle while fostering skills in teamwork, leadership and performance analysis. Students have the opportunity to engage in a range of physical activities, developing competence and confidence in both individual and team-based sports.

- [Sector Overview](#)

GCSE stands for General Certificate of Secondary Education, and they are part of the national curriculum. Typically, GCSEs are studied between the ages of 14-16 in years 10 and 11.

Waltham Forest College's GCSE courses are studied as a package for those who are new to the country or those who achieved a Grade 3 in their English and maths GCSEs in Year 11.

- [Entry Requirements](#)

The entry requirements for this course are:

This GCSE course is open to those who are new to the country or those who achieved a Grade 3 in their English and maths GCSEs in Year 11.

No prior study of the subject is necessary.

For those new to the country, there will be an entrance assessment to complete. This is common to the GCSE programme, and not for this subject individually.

- [What will I study?](#)

This course consists of the following:

Anatomy and Physiology: Explore the structure and function of the human body in relation to physical activity and sport. Topics may include the musculoskeletal system, the cardiovascular system and the principles of exercise physiology.

Movement Analysis: Investigate the biomechanical principles underlying movement and performance in sports. Analyse techniques and strategies used by athletes to optimize performance and minimize the risk of injury.

Sport Psychology: Examine psychological factors that influence participation, performance and motivation in physical activity and sport. Topics may include goal setting, arousal regulation and the impact of personality and confidence on athletic performance.

Socio-cultural Influences: Consider the social and cultural factors that shape attitudes towards physical activity and sport. Explore issues such as gender, ethnicity and social class in relation to participation, access and representation in sport.

- [How will I be assessed?](#)

The assessment comprises two components:

Disclaimer:

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- Theoretical knowledge (60%)
- Practical performance (40%)

The theoretical component is assessed through written examinations, covering topics such as anatomy and physiology, movement analysis and sports psychology.

The practical component involves the assessment of performance in three different physical activities, one individual, one team-based and one of the student's choice.

Additionally, students are assessed on their ability to analyse and evaluate their own performance and demonstrate knowledge of the rules, tactics and strategies of their chosen activities.

- [Enrichment](#)

Our Student Common Room is a great place to unwind and relax during your breaks. It features pool tables, table tennis, a gaming corner and lots of comfy sofas so you can refresh before your next lesson.

Themed events are held in the Common Room so you can get the best experience of being a Waltham Forest College student.

- [Work Experience](#)

Work experience will be sourced for learners on this pathway at the end of their GCSE study. This is owing to the intense study and limited time ahead of externally assessed examinations.

- [Progression opportunities](#)

Completion of GCSE Physical Education provides students with a solid foundation for further study and career opportunities within the Sports and Leisure Industry.

Students may choose to continue their education with A Levels in Physical Education or pursue vocational qualifications in areas such as sports coaching, sports science or sports management.

This qualification also prepares students for careers in teaching, sports development, fitness instruction and sports therapy.

Whether pursuing higher education or entering the workforce directly, students emerge from this course with a range of transferable skills, including teamwork, leadership, communication and critical analysis, as well as a commitment to lifelong physical activity and wellbeing.

- [Alumni](#)

Waltham Forest College is a vibrant and aspirational college and will support you to reach your career aspirations. Last year 96% of learners progressed onto a positive destination either to higher levels of study, employment, or an Apprenticeship.

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