

MHS KS4 GCSE Physical Education

Theory lessons at GCSE start on component one with 'body systems' to understand what is happening physically, then onto the training aspect to see the impact of what that training has on those body systems. In the PEP coursework you will devise 18 training sessions – undertake them, write up the impact and complete your coursework worth 10% of the final grade. Component two covers the psychological impact and factors affecting physical activity. The practical component is mixed gender and follows a varied set of sports to gain a second and third grade in your portfolio of sports (you should already be an expert in one sport and train at a community club and participate on a regular basis. Athletics in half term 5 of CORE PE supplements your learning in the course. An external moderator will assess the grades given practically during spring term of Y11.

