

KS4 PE

The GCSE Physical Education Full course is assessed in two ways. Unit 3 “Knowledge and Understanding for the Active Participant” is mainly concerned with the theoretical study of various topics. These include:

1. The roles of the active participant
2. Individual differences
3. The demands of performance
4. The difference between aerobic and anaerobic exercise
5. Characteristics and benefits of leisure and recreation



This unit is assessed by a 1 hour 30 minute written examination.

Unit 4 “The Active Participant” requires the student to be assessed in four areas. At least two of these will be as a performer, although students can also be assessed in different roles e.g. coach, leader or official. Students are assessed internally and moderated externally.

This specification follows on from the Key Stage 3 Physical Education Programme of Study by providing students with opportunities to lead a healthy and active lifestyle by choosing from a variety of roles and activities in which to participate in physical activity.

The content of this GCSE Physical Education specification is designed to enable students to enjoy and understand the benefits of living a healthy and active lifestyle; to provide a route to study in Further Education awards, such as A Levels and to Higher Education in Physical Education as well as to related career opportunities.