

## What does the course offer me?

This course will help you learn about the following:

- Physical fitness;
- Factors that effect participation, provision and performance;
- Assessing and evaluating fitness;
- Skill and Psychological factors that effect performance;
- Different practical activities;
- Opportunity to officiate and coach.

## How will I learn?

The course is a combination of practical and theory work. There are two lessons weekly one of which is a practical lesson.

## How will I be assessed?

- Practical (60%) – Candidates are assessed in 4 activities (15% each).
- Exam (40%) – 1 paper 1½ hours.

## Remember!

- There is a strong emphasis on practical work. There is an expectation that pupils take part in at least one extra-curricular activity.
- Even though Physical Education is a practical subject there is a lot of written / theory work.

**For further information contact:**

**Mr. Gwyn Owen**

