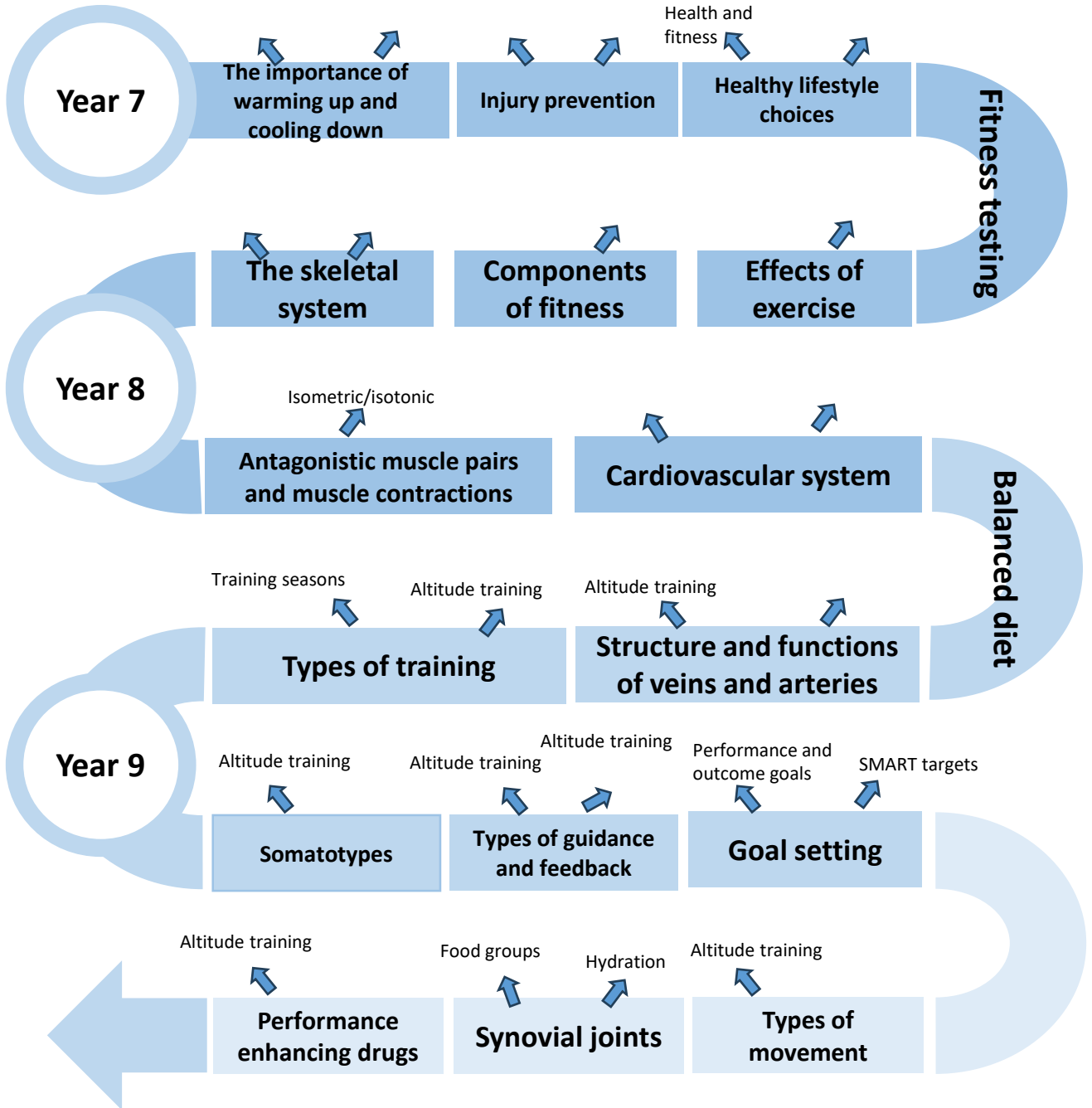


Theory Through Practical for GCSE Physical Education



By including GCSE content in practical lessons, students gain a better understanding of the key concepts within the GCSE specification and can develop their knowledge of topic areas that would be studied in greater depth.

Developing knowledge of the human anatomy and how it adapts to physical activity

Applying theoretical concepts to practical performance

Improving understanding of what the GCSE PE course involves