

DRAFT

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Unit 2 - Performance and Coaching/Personal Trainer

The purpose of this unit is to:

- demonstrate an awareness and understanding of the range of skills and techniques required for sport and physical activity.
- demonstrate application of tactics, strategies **and/or compositional ideas** within the context of the full activity.
- demonstrate application of the skills and principles of planning, organising, communicating and reflecting.
- demonstrate confidence, resilience, creativity, effectiveness and efficiency when performing and training.

This unit will focus on:

- performing effectively in two different sports or physical activities by developing skills and

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APPENDIX

Key information from Approval Criteria

The following information has come directly from Qualifications Wales's [Approval Criteria GCSE Ph](#),

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AO1	Demonstrate knowledge and understanding of health, wellbeing and physical activity concepts, and the relationships between them.	10%
AO2	Apply knowledge and understanding of health, wellbeing and physical activity concepts, and the relationships between them.	20%
AO3	Analyse and evaluate performance in sports and physical activities, and the factors that affect them.	20%
AO4	Demonstrate and apply relevant skills and techniques in sports and physical activities.	50%

Scheme of assessment

14. The **GCSE Physical Education and Health** qualification must be linear.
15. The **GCSE Physical Education and Health** qualification must show the proportion of marks (weighted and/or raw) allocated to each assessment objective and to each *Component*.
16. The **GCSE Physical Education and Health** specification must include the following assessment arrangements:
 - 16.1 a digital-

