

Physical Education – GCSE

Activity Groups (Games Activities)

- Outwitting Opponents
- Replication of actions
- Amateur boxing
- American football
- Association football
- Badminton
- Baseball
- Basketball
- Cricket
- Fencing
- Field hockey
- Gaelic football
- English or Welsh baseball
- Handball
- Hurling/Camogie
- Ice hockey
- Judo
- Ju-jitsu
- Karate
- Korfball
- Lacrosse
- Lawn tennis
- Netball
- Polo
- Roller/in-line hockey
- Rugby league
- Rugby union
- Rounders
- Softball
- Squash
- Table tennis
- Tae kwon do
- Volleyball
- Water polo
- Synchronised swimming
- Trampolining
- Gymnastics - For gymnastics, students must offer agilities (floor work) and vaulting, plus one other sequence of their choice. See the assessment criteria for gymnastics for further guidance.
- Exploring and communicating ideas
- Performing at Maximum levels
- Identifying and solving problems
- Dance - Although a wide range of dance styles is acceptable (students may choose from any recognised style of dance, for example ballet, jazz, modern, tap) dance may be offered as only one practical activity. See the assessment criteria for dance for further guidance.
- Ice dance
- Archery
- Athletics - For athletics, students must offer three events taken from at least two
- groups (running events, jumping events or throwing events).
- Clay pigeon shooting

- Competitive swimming
- Cross-country running
- Cycling
- Golf
- Lawn bowls
- Rowing
- Weightlifting
- Canoeing
- Climbing
- Horse riding
- Kayaking
- Lifesaving
- Mountain biking
- Orienteering
- Personal survival
- Sailing
- Skiing
- Snowboarding
- Surfing
- Trekking
- Wakeboarding
- Water skiing
- Windsurfing
- Exercising safely and effectively
- Fitness training - For fitness training, students must offer at least two of the following activities in combination: Aerobics body pump circuit training, continuous training, interval training, and Pilates weight training yoga