

# GCSE PHYSICAL EDUCATION

## Why Choose GCSE PE ( Edexcel)?

GCSE PE would be a good choice if you can say yes to all of the below:

- ✓ enjoy sport and wake up in the morning feeling relieved that you have PE today.
- ✓ are keen to improve your skills/fitness and have already shown this in KS3 , attending a range of extra-curricular clubs/fixtures/matches/galas.
- ✓ enjoy practical work and are prepared to give up a lot of time to extra-curricular clubs/teams over the next two years etc.
- ✓ are training in a sport outside of school in which you will be assessed ( please check that this sport has been accredited on Options Evening)
- ✓ understand that GCSE PE also involves two theory lessons a week , in which homework is set.

## Course content/assessment:

Candidates following the GCSE PE course will receive a double lesson of practical and a double lesson of theory work each week, in addition to giving up time for extra-curricular clubs/fixtures etc. One theory lesson is likely to be taught one day between 8-9am.

## Qualification aims and objectives

The aims and objectives of this qualification are to enable students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and use this knowledge to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance
- understand the contribution that physical activity and sport make to health, fitness and well-being
- understand the key socio-cultural influences that can affect people's involvement in physical activity and sport

### ✦ **THEORY: worth 60%-exam in summer of Year 11 ( 2 papers)**



**Component 1:** Fitness and Body Systems. Written examination: 1 hour and 45 minutes  
36% of the qualification

**Component 2:** Health and Performance. Written examination: 1 hour and 15 minutes  
24% of the qualification



### ✦ **PRACTICAL: worth 40%-assessed over the 2 years**

**Component 3:** Practical Performance. **3 sports** (as a performer) to a high standard. (Taken from both Individual Activities and Team Game categories)

Non-examined assessment: internally marked and externally moderated 30% of the qualification

**Component 4:** Personal Exercise Programme (PEP)

Non-examined assessment: internally marked and externally moderated 10% of the qualification.

Completed over 6 weeks in year 10.

It is possible to be assessed in sports performed outside of school. Your daughters PE teacher will contact club coaches, arrange for video footage to be recorded and this video assessment may then be submitted. Please visit the following link to view which sports may be assessed:

<http://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification>