

GCSE PE

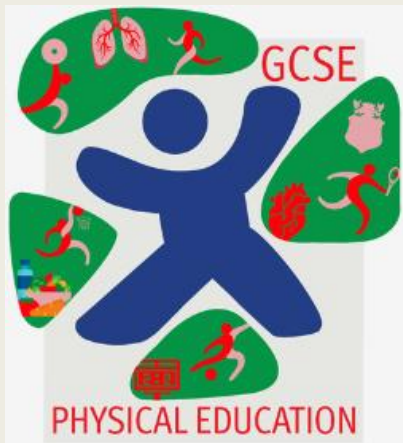
Information for options 2024



Who is the course suitable for?

- Students who have an interest in sport and practical activity. Students will require a knowledge of a variety of sports so they are able to access questions and give examples in written answers.
- Students who enjoy PE and sport lessons and have a good level of fitness. The PEP element of the course requires students to carry out a fitness training programme.
- Students who regularly take part in sport and physical activity in extra curricular activities in school as well as outside of school. The more you are involved in an activity or play a sport the higher your practical grades are likely to be!
- Students who want to develop their understanding of the world of PE, sport and sports science as well as how the mind and body work in relation to their performance in physical activity.





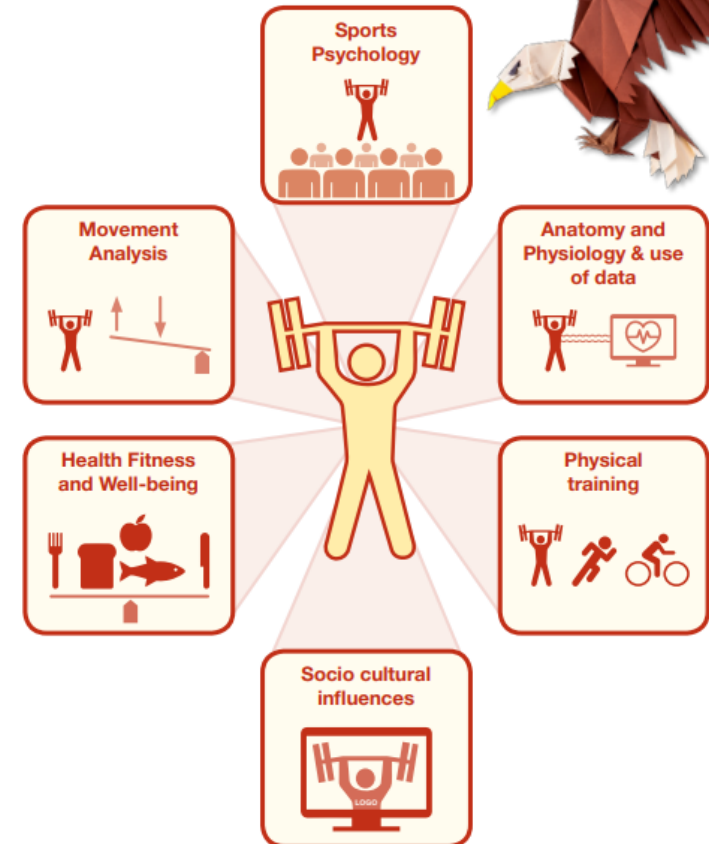
How the course is delivered

- Students will be taught the course across 5 GCSE PE Lessons/2 core PE lessons a fortnight.
- These lessons will consist of 4 classroom theory lessons and 3 practical activity lessons.
- Students will cover 6 different practical activities in year 10, this reduces to 3 in year 11.
- Extended learning will be given to the students to further deepen their learning and understanding.

Edexcel GCSE (9-1) Physical Education

Encourages a holistic understanding of PE

Students will receive a well-rounded and full introduction to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.



Classroom based lessons



- 60% of lessons will take place in the classroom and will focus on the theory element of the course.
- In these lessons students will be taught new content from the course. They will also have scaffolded worksheets which will develop and improve their exam technique.
- Regular written assessments take place throughout the course in order to monitor and track performance.
- Students will be given a folder to keep their work in and this will remain in school for them to work from.

Exam Technique

1. Explain the role of the blood vessels in regulating body temperature when body heat increases during physical activity. (4)

What happens to the blood vessels under the skin? increase in diameter (1)	What is this called? vasodilation (1)	What does this do to the blood flow to the capillaries under the surface of the skin? increases blood flow. (1)	What happens with the body heat? It can leave the skin, reducing body temp. (1)
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The blood vessels under the skin increase in diameter. This is called vasodilation. The blood flow to the capillaries under the skin increases in ~~the~~ the blood flow. The heat then leaves reducing body temperature.

✓ excellent

What is on the course

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Health, fitness and well-being
- Sports psychology
- Socio-cultural influences
- Use of data
- Practical lessons in the following individual and team sports;
Individual – Trampolining, Table Tennis, Athletics, Badminton (boys only)
Team – Football, Handball, Netball (girls only)
- Designing and carrying out a 6 week training programme - PEP

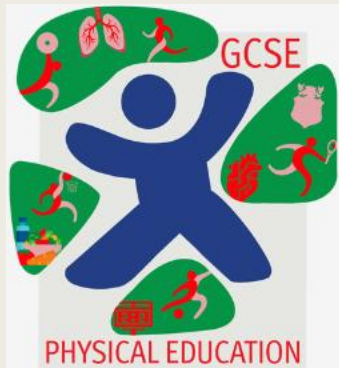


Assessments

- 60% written exam on two papers
 - *Paper 1 Fitness & body systems 36% - 1hr 30 mins*
 - *Paper 2 Health & performance 24% - 1hr 15 mins*

- 30% practical performances from 3 sports
 - *1 team sport, 1 individual sport plus 1 from either group*

- 10% Personal Exercise Programme
 - *Controlled assessment*



Component	Assessment	Content overview
Component 1: Fitness and Body Systems	⌚ Written examination: 1 hour and 30 minutes ⚖️ 36% of the qualification	✂️ Topic 1: Applied anatomy and physiology ✂️ Topic 2: Movement analysis ✂️ Topic 3: Physical training ✂️ Topic 4: Use of data
Component 2: Health and Performance	⌚ Written examination: 1 hour and 15 minutes ⚖️ 24% of the qualification	✂️ Topic 1: Health, fitness and well-being ✂️ Topic 2: Sport psychology ✂️ Topic 3: Socio-cultural influences ✂️ Topic 4: Use of data
Component 3: Practical Performance	Non-examined assessment: internally marked and externally moderated ⚖️ 30% of the qualification ✓ 105 marks, (35 marks per activity)	✂️ One team activity, one individual activity and a free choice from the list published by the DfE ✂️ Skills in isolation ✂️ Skills in a competitive/ formal situation
Component 4: Personal Exercise Programme (PEP)	Non-examined assessment: internally marked and externally moderated ⚖️ 10% of the qualification ✓ 20 marks	✂️ Aim and planning analysis ✂️ Carrying out and monitoring the PEP ✂️ Evaluation of the PEP

Which practical sports can be assessed?

Team activities

Acrobatic Gymnastics*
Association Football
Badminton
Basketball
Hurling and Camogie
Cricket
Dance
Field Hockey
Figure Skating*
Futsal*
Gaelic Football
Handball
Ice Hockey*
Inline/Roller Hockey*
Lacrosse
Netball
Rowing
Rugby League
Rugby Union
Sailing*
Sculling*
Squash
Table Tennis
Tennis
Volleyball
Water Polo*
Blind Cricket
Goalball
Powerchair Football
Table Cricket
Wheelchair Basketball
Wheelchair Rugby

Individual activities

Amateur Boxing
Athletics – Field Events
Athletics – Track Events
BMX Cycling*
Canoeing
Track Cycling
Road Cycling
Diving
Figure Skating*
Golf
Gymnastics
Equestrian
Kayaking
Rock Climbing
Sailing*
Sculling
Skiing
Snowboarding
Swimming
Trampolining
Windsurfing*
Boccia
Polybat

- Students have 3 practical scores which are worth 30% overall.
- These three come from one team activity, one individual activity and one free choice.
- Students can be assessed in a sport that they take part in outside of school. Video evidence will be required for assessment.
- Acrobatic gymnastics, badminton, dance, squash, table tennis and tennis can be assessed as both a team or individual activity. Students can not use any of these activities for both categories eg. They can be assessed in singles or doubles tennis but not in both.
- Assessment criteria can be found here:

<https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/9781446933794-gcse016-l2-pe-ppac.pdf>

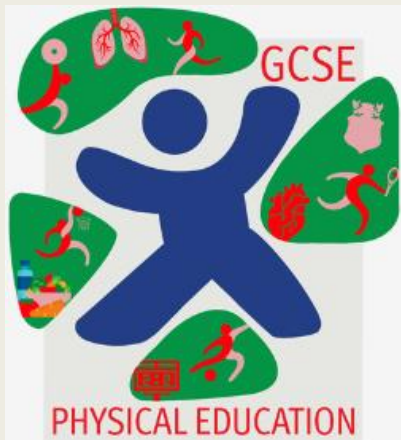
Developed skills



- An understanding and knowledge of physical fitness, the body systems and how the body moves.
- An understanding and knowledge of health and fitness, how we practice and develop skills, how sports impact the wider world.
- The opportunity to develop personal skills in isolation and in competitive situations. Also improving tactical awareness and the ability to apply this.
- Being able to design and carry out a training programme before reviewing it.

Further education

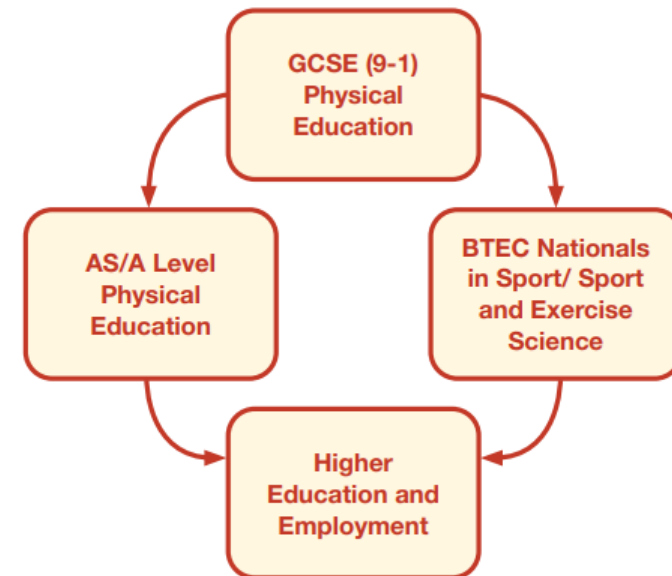
- A Level PE
- Level 3 and level 2 in sport and physical education
- Degrees in sport, physical education, sports science, sports administration, human performance, coaching science

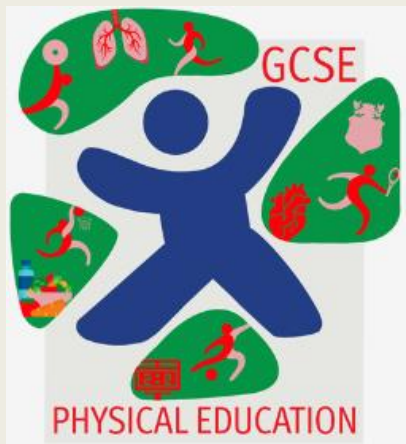


Nurtures skills and knowledge for progression to further study

Our Pearson Edexcel GCSE (9-1) in Physical Education has been designed to provide a smooth progression from GCSE to A level.

- ✚ Builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study.
- ✚ Encourages learners to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.
- ✚ Helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances.
- ✚ The blend of scientific and social knowledge positions candidates to access a range of qualifications.





Career opportunities

- Sports science.
- PE teacher.
- Physiotherapist.
- Professional sports person.
- Sports coach/consultant.
- Sports policy at local and national level.
- Diet and fitness instructor.
- Personal trainer.
- Sports development officer.

