

PHYSICAL EDUCATION

EXAM BOARD: PEARSON EDEXCEL

QUALIFICATION: GCSE (9 – 1)

Options 19



60% EXAMINATION

Two written papers at the end of the course:

- **Paper 1:** Fitness and body systems 36%
- **Paper 2:** Health and performance 24%



40% NON-EXAMINED ASSESSMENT

10% - You will create a Personal Exercise Plan which will be completed over the two years.

30% - Three practical sports will be assessed as a player or performer, each worth 10%. One must be in a team sport, one must be individual and the third is a free choice.



FURTHER EDUCATION

GCSE in Physical Education is a stepping stone into further education for subjects such as AS and A levels in Sport or BTEC Nationals



CAREER OPPORTUNITIES

This qualification has access directly into a career in Sport, Coaching, Physiotherapy, Medical Health and Fitness fields, Professional Sport and Recreational Management and many other disciplines in the Leisure industry



PEARSON EDEXCEL WEBSITE

Click on the link above to download full specification/s.

WHAT IS THIS COURSE ABOUT?

This is the course for you if you enjoy sport and want to increase your knowledge of a healthy, active lifestyle as well as developing your practical performances. You will learn many new facts and gain knowledge which you will apply to a variety of contexts.

There is a lot of new theory to learn in this subject and you need to be prepared for classroom-based learning as well as practical work. In each week there are two theory lessons and one practical lesson.

Topics covered include:

Paper 1: Applied anatomy and physiology
Movement analysis
Physical training
Use of data

Paper 2: Health, fitness and well-being
Sport psychology
Socio-cultural influences
Use of data

WHAT SKILLS WILL I DEVELOP?

Topics and controlled assessment units are covered in depth and are mainly classroom based. You will develop your practical skills as three sports need to be taken in order to be assessed. You will cover a number of sports as part of the practical side of the course however, we would also expect students to be doing sports outside of school if they are to excel.