

Achieving Success – Subject Specific Tips

Subject	GCSE PE	Exam Board	Pearson
Class and Homework Expectations			
Students should bring the following items each lesson			
Theory Lessons			
Completed homework in the provided revision workbook			
Black pen and ruler (blue and green pens will be provided)			
Practical lessons			
Correct kit for the activity – Earls polo, Earls shorts, Earls socks (football) or white sports socks.			
Additional items – shin pads for football, long sleeve Earls top/underlayer during winter.			
Scheme of work			
Year 10 (Paper 1 – 36%)		Year 11 (Paper 2 – 24%)	
Paper 1 – Applied Anatomy and Physiology		Paper 2 – Health and Performance	
Structure and functions of the musculoskeletal systems		Physical, emotional, social health and well being	
Structure and Functions of the cardio-respiratory system		Lifestyle choices	
Anaerobic and Aerobic exercise		Optimum weight	
The long and short term effects of exercise		Energy use, diet, nutrition and hydration	
Paper 1- Movement Analysis		Paper 2 – Sport Psychology	
Lever Systems		Goal Setting	
Planes and Axis		Classification of skill	
Joint classification		Mental preparation	
Lever systems, examples of their use in activity and mechanical advantage they pride in movement		Guidance and Feedback on performance	
Planes and axes of movement		Paper 2 – Socio-Cultural influences	
Paper 1- Heath Fitness and Well- Being		Social groups in activity and sport	
PARQ		Commercialisation of physical activity and sport	
Components of Fitness		Ethical and sociocultural issues	
Fitness Tests		Use of data	
Principles of Training			
Performance enhancing drugs			
Long term effects of exercise			
Optimising training and preventing injury			
Effective use of warm up and cool down			
Written coursework (10%) - Personal Exercise Programme (PEP)			
Practical performance in different activities (30%)			
Assessment objectives			
AO1	AO2	AO3	AO4
Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport	Demonstrate and apply relevant skills and techniques in physical activity and sport
			Analyse and evaluate performance
Assessment			
Paper 1			

- Written exam 1 hr 45 minutes
- 80 marks
- 36% of GCSE

Paper 2

- Written exam 1 hr 15 minutes
- 60 marks
- 24% of GCSE

Practical Performance

- Assessed by teachers
- Moderated by Pearson
- 105 Marks (35 marks per sport)
- 30% of GCSE
- 3 sport 1 must be team 1 must be individual and 1 free choice

PEP (NEA)

- Written analysis marked by teachers and moderated by Pearson
- 20 marks
- 10% of GCSE

How to do well in the subject at GCSE

Theory

- Attend all lessons and catch up with any work missed by seeing your teacher
- Students will be provided with an exam practice workbook from which homework will be set. To perform well they need to ensure all homework is complete
- Exam technique will be taught frequently throughout the course and students should understand the importance of this in applying their knowledge and accessing higher marks

Practical Performance

- Students should attend extra-curricular clubs to practice the skills taught in lesson and improve their practical grades. In particular students should aim to attend clubs for netball, trampolining, table tennis, handball and basketball as these subjects will provide most students with their second and third sport

Support Available

- One to one support
- Revision classes
- Revision workbooks provided to students
- Interventions in Year 11

How parents could help support

- Check they are doing homework
- Encourage them to attend sports clubs after school in the evening and at weekends

Helpful websites or resources

[Edexcel GCSE Physical Education \(2016\) | Pearson qualifications](#) - link to access past papers
BBC Bitesize PE