

GCSE PE – Year 10/11

Students can opt to take GCSE PE as one of their option subjects. This is a full GCSE qualification and we follow the EDEXCEL specification. In addition to 2 core PE lessons a week, GCSE PE students have a further 3 lessons of PE.

What does the course cover?

The course is split into four main components:

Component 1	Component 2	Component 3	Component 4
Fitness and Body Systems (Year 10 Theory work)	Health and Performance (Year 11 Theory work)	Practical Performance (3 sports)	Personal Exercise Programme (PEP)
36%	24%	30%	30%

How will I be assessed?

Components 1 and 2 (Theory)	<p>Both components are assessed by exams. The exams are set up as follows:</p> <ul style="list-style-type: none">- Component 1 exam: Length of exam = 1 hour and 45 minutes. Total marks on paper = 90.- Component 2 exam: Length of exam = 1 hour and 15 minutes. Total marks on paper = 70. <p>Both exams are sat at the end of year 11. The PE exams are usually at the beginning of the exam season (around mid-May).</p>
Component 3 (Practical)	<p>The practical component is assessed as follows. Your 3 sports will be assessed firstly in lessons and then officially in a practical exam week during school time (an external moderator comes into school to ensure our grades are accurate).</p>
Component 4 (PEP)	<p>This is coursework and is a controlled assessment—this means it happens in school with the classroom teacher but in exam style conditions. We then send a sample of work away to be checked by an external moderator.</p>

Where can these courses lead Post 16?

A good GCSE PE grade shows that you possess a mixture of practical and academic skills.

GCSE PE leads specifically to further study of Physical Education at AS and A2 and beyond to degrees in areas such as Physical Education; Sports Sciences; Sport and Exercise Sciences; Sports Psychology and many, many more!

Am I suitable for GCSE PE?

If you play sport regularly—yes! If not you may struggle to get a good practical grade.

You can perform well in exams—yes! If not you may find the theory side challenging.

You are on the secure pathway or above in English, Science, Maths and PE—yes.

What will I cover?

<p>Component 1</p> <p>Fitness and Body Systems (Year 10 Theory work)</p> <p>36%</p>	<p>Component 2</p> <p>Health and Performance (Year 11 Theory work)</p> <p>24%</p>	<p>Component 3</p> <p>Practical Performance (3 sports)</p> <p>30%</p>	<p>Component 4</p> <p>Personal Exercise Programme (PEP)</p> <p>30%</p>
<p>TOPICS COVERED</p> <p>1. ANATOMY AND PHYSIOLOGY</p> <p>a. Skeletal system;</p> <p>b. Muscular system;</p> <p>c. How the skeletal and muscular systems work together (the musculo-skeletal system);</p> <p>d. Cardiovascular system;</p> <p>e. Respiratory system;</p> <p>f. How the cardiovascular system and respiratory system work together (the cardio-respiratory system);</p> <p>g. Anaerobic and aerobic activity;</p> <p>h. Short and long term effects of exercise;</p> <p>2. MOVEMENT ANALYSIS</p> <p>a. Lever systems</p> <p>b. Planes and axes of movement</p> <p>3. PHYSICAL TRAINING</p> <p>a. Relationship between health, fitness and exercise</p> <p>b. Components of fitness and fitness testing</p> <p>c. Principles of training</p> <p>d. Methods of training</p> <p>e. How to optimise training and prevent injury</p> <p>f. Effective use of warm up and cool down</p> <p>4. USING DATA</p>	<p>TOPICS COVERED</p> <p>1. HEALTH, FITNESS AND WELL BEING</p> <p>a. Health: physical, emotional, social health, fitness and well being</p> <p>b. Consequences of a sedentary lifestyle</p> <p>c. Energy use, diet, nutrition and hydration</p> <p>2. SPORT PSYCHOLOGY</p> <p>a. Classification of skills</p> <p>b. Use of goal setting and SMART targets to improve / optimise performance</p> <p>c. Guidance and feedback on performance</p> <p>d. Mental preparation for performance</p> <p>3. SOCIO-CULTURAL INFLUENCES</p> <p>a. Engagement patters of different social groups in physical activity and sport</p> <p>b. Commercialisation of physical activity and sport</p> <p>c. Ethical and socio cultural issues in physical activity and sport</p> <p>4. USING DATA</p> <p>5. REVISION (of all year 10 and 11 work in preparation for the exams)</p>	<p>ACTIVITIES</p> <p>You have to be assessed in three different sports. One must be an individual sport and one must be a team sport. The third sport can be either!</p> <p>Most of our students get assessed in a combination of the following sports. These are not the only sports you can be assessed in!</p> <ul style="list-style-type: none"> - Athletics - Badminton - Dance - Gymnastics - Table Tennis - Basketball - Football - Netball <p>For a full list of sports that are on the EDEXCEL GCSE PE Approved Assessment list, see a member of the PE Dept.</p>	<p>OVERVIEW</p> <p>You have to plan, set up and complete a personal exercise programme.</p> <p>Simply put, you will assess your own fitness and determine an area(s) to improve. You will then create a training programme (using theory knowledge) in order to improve your fitness. Lastly, you will analyse the results and evaluate how well your PEP worked.</p>

FOR MORE INFORMATION:

Information can be found via this link [GCSE PE AFTER 2016](#)