

# Physical Education (Exam board – Edexcel)

## Course Outline

The course is designed in three parts:

- A theoretical element (60%)
- A practical element (30%)
- Written coursework (10%)

## Theoretical Element

Students will be assessed via 2 written exams.

The course will cover the following areas of study:

Paper 1: 1 hour 45minutes: **Fitness and Body systems (36% of the qualification)**

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2: 1 hour 15 minutes: **Health and Performance (24% of the qualification)**

- Sports psychology
- Socio-cultural influences
- Health, fitness and well being
- Use of data

## Practical Element (30% of qualification)

Students are assessed in the role of performer in **three** chosen activities (one team, one individual and the third in either). Candidates will be assessed on the skills when performed in isolation or unopposed practice. Skills should be shown in increasingly progressive, pressured and demanding drills. Candidates will also be assessed on the quality of appropriate skills, techniques and decision-making processes to meet the challenges of a conditioned/formal/ competitive situation, including using the appropriate skills/techniques.

## Written Coursework element (10% of qualification)

Pupils will also complete a 1500 word written assignment based around a 6-week training programme which they will complete. This piece of work assess students' skills in analysing and evaluating performance through a personal exercise programme (PEP) in order to improve/optimize performance in a chosen physical activity.

## Suitability

To be successful at GCSE PE students must have a keen interest in both the practical and theoretical aspects of the course. With the practical element of the course making up 30% of the final mark, and assessed across three different activities, it is expected that prospective students are already performing to a high standard in a number of sports. As a guide, we would be looking for students who represent the school in two or more sports, or the equivalent in sports participated in outside school.