



# GCSE Physical Education



## GCSE PE Breakdown

### Examination (60%)

- Your journey here shows the content of the theoretical aspects of the course.
- Both externally assessed papers consists of multiple-choice, short answer and extended writing questions.
- Scan the QR Code above to find out more information.

### Practical Assessment (30%)

- You will need to select THREE sports, with a maximum of two from either the Individual or Team category.
- Your teachers will assess you in these sports throughout the duration of the course.
- Any 'off-site' sports will need video evidence.
- Scan the QR code for full activity list.

### Coursework (10%)

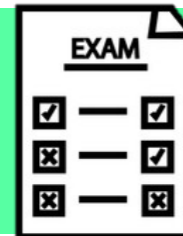
- You will create a personal exercise programme (PEP) to help improve an area of your fitness and overall sporting performance
- You will carry out fitness testing and experience a range of methods of training to help improve your fitness
- You will apply your newly acquired theoretical knowledge and improve your level of fitness



SCAN for EDEXCEL GCSE PE specification and assessment sports

### Examination

You will complete 2 externally assessed examinations.  
Component 1: Fitness and body systems 1-hour 30mins  
Component 2: health and performance 1-hour 15mins



### Use of data

You will develop your understanding of data analysis in relation to key areas of the course



### Health, Fitness & Well-Being

You will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.



### Movement analysis

You will learn about basic principles of movement and their effect on performance. This will include lever systems and planes and axes of movement



### Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them.



### Diet and nutrition

You will understand the importance of maintaining a balanced diet and the impact different nutrients have on the body and sports performance.



### Sport Psychology

You will understand how psychological factors can affect performers by developing knowledge of the types of skills used, goal setting, guidance feedback, and mental preparation.



### Anatomy & Physiology

You will develop knowledge and understanding of the body systems, bones and muscles and how they impact on health fitness and performance in physical activity.



Year 11

### Personal Exercise Programme (PEP)

Learners will develop and complete a six-week training programme aimed at improving their fitness and overall sports performance in one chosen sport.



### Physical Training

You will understand the components of fitness required for physical activities and how each can be measured, apply training principles and know how to optimise training to prevent injury.



Year 10

Your GCSE PE Journey starts here ...