

GCSE Physical Education (Edexcel)

GCSE Physical Education is a theory qualification which has an element of practical performance included within the syllabus. The majority of learning will be in the classroom with students gaining knowledge about various different aspects of sport, health and exercise. Although there will be practical lessons, it is important to stress that this qualification is not just an extension of core PE, and by its very nature it is an academic subject. An interest in all aspects of sport will certainly be beneficial for somebody considering this option.

The course will cover:

- **Fitness and Body Systems (Theory)** - Applied anatomy and physiology, movement analysis and physical training.
- **Health and Performance (Theory)** - Health, fitness and well-being, sport psychology and socio-cultural influences.
- **Practical Performance (Practical)** - Assessed on 3 physical activities from a set list. One must be a team sport, one must be an individual sport. Final sport could be either
- **Personal Exercise Programme (Practical)** - Set out the aims of the PEP, plan the PEP, carry out the PEP and monitor then evaluate the PEP.

Assessment

Theoretical Component: 60% of grade

Students will be assessed via 2 written papers. Paper 1 is worth 36% (1 hour 30 min) and paper 2 is worth 24% (1 hour 15 min). Questions are a combination of multiple choice, short answer questions and longer essay style questions.

Practical Component: 40% of grade

The 3 sports chosen will be internally assessed and then externally moderated. Each sport will be assessed on the candidate's ability to perform specific skills (1-10) and the candidate's ability to be influential in their sport in a competitive situation (1-25). 35 marks will be available for each sport. Practical performance is worth 30% of the final grade.

The Personal Exercise Programme is an individual 6 week training programme carried out by the candidate. The PEP is internally marked and externally moderated. The PEP is worth 10% of the final grade.

Additional Information

The theory of sport provides students with knowledge that will help them to improve their practical ability and also their health and well-being. The qualification has elements that compliment aspects of the Science curriculum and will certainly require a good standard of written English. We expect the GCSE students to be role models in Sport and to set the tone in all practical lessons. Our students often engage in the wider Crawshaw sport calendar, helping out with the extra-curricular provision. Many of our ex-students also come back to Crawshaw to help run the extra-curricular programme as they are often studying sport in higher education at college or university. Employment opportunities in the sport industry are broad and varied and this qualification could be a great start for anybody wishing to have a career in sport.