

# GCSE Physical Education

**Subject Leader:** Alison Kelly

**Exam Board:** Edexcel

---

## **Course Overview:**

This is an exciting GCSE course which will offer a good grounding to study at AS/A2 Physical Education. This course involves a combination of external and internally assessed units. Students should be good all round sports persons as this course will challenge you from a practical and also an academic point of view.

## **What will you study?**

You will study four components at GCSE level:

Component 1 – Fitness and Body Systems

Component 2 – Health and Performance

Component 3 – Practical Performance – 30% internally assessed

Component 4 – Personal Exercise Plan – 10% internally assessed

## **Assessment:**

Component 1 is an externally examined unit. The exam lasts 105 minutes and is worth 36% of your final grade.

Component 2 is an externally examined unit. The exam lasts 75 minutes and is worth 24% of your final grade

## **Why study GCSE Physical Education?**

GCSE PE will allow students to progress onto level 3 study in either the AS/A2 PE or the BTEC Extended Diploma in Sport.

## **GCSE Physical Education is greater detail.**

### **Component 1 – Fitness and Body Systems**

Topic 1 – Applied anatomy and physiology

Topic 2 – Movement Analysis

Topic 3 – Physical training

Topic 4 – Use of Data

### **Component 2 – Health and Performance**

Topic 1 – Health, fitness and well being

Topic 2 – Sport psychology

Topic 3 – Socio-cultural influences

Topic 4 – Use of data

### **Component 3 – Practical performance**

Three physical activities – one team, one individual and a free choice

### **Component 4 – Personal Exercise Plan**

Plan, implement and evaluate an exercise programme.

