

SUBJECT:

PHYSICAL EDUCATION

Head of KS3: Mr Wilson. Head of KS4: Miss Jordan.

GCSE

Exam Board: Edexcel

COURSE DESCRIPTION

The GCSE covers a broad range of practical activities and theory topics relating to the world of sport and health performance. It equips students not only with sports skills and knowledge but the skills to evaluate the importance and relevance of a healthy, active lifestyle.

Practical activities studied come from sports such as football, table tennis, trampolining, handball and off-site sports such as climbing. The assessment includes two written examinations (Fitness and Body Systems and Health and Performance) worth 60% of the overall grade. The non-examined assessment has a 30% practical element and a 10% coursework element.

Students are required to:

1. Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport to improve performance.
2. Understand how the physiological and psychological state affects performance.
3. Perform effectively in different physical activities by developing skills and techniques, and selecting and using tactics, strategies and/or compositional ideas.
4. Develop their ability to analyse and evaluate to improve performance.
5. Understand the contribution which physical activity and sport make to health, fitness and well-being.
6. Understand key sociocultural influences which can affect peoples involvement.

Assessment

Component 1: Fitness and Body Systems. Written examination: 1 hour and 45 minutes.

36% of the qualification. *Topic 1 - Applied anatomy and physiology - Topic 2 Movement Analysis - Topic 3 Physical training - Topic 4 Use of Data.*

Component 2: Health and Performance. Written examination: 1 hour and 15 minutes 24% of the qualification.

Topic 1 - Health, fitness and well-being - Topic 2 - Sport psychology Topic 3 Sociocultural influences - Topic 4 Use of Data.

Component 3: Practical Performance. Non-examined assessment: Internally marked and externally moderated: 30% of the qualification. 105 marks, (35 marks per activity).

One team activity, one individual activity and a free choice. Skills in Isolation - Skills in a competitive/formal situation.

Component 4: Personal Exercise Programme (PEP). Non-examined assessment: Internally marked and externally moderated: 10% of the qualification, 20 marks. *Aim and planning analysis - Carrying out and monitoring the PEP - Evaluation of the PEP.*

Higher Education Courses/Careers

Sixth Form: GCE A Level Physical Education BTEC level 2/3 Sport

Physical Education can be studied with a variety of other subjects at University.

Careers where this course may be useful are teaching, coaching, youth and community work, sports journalism, physiotherapy, sports scientist, sport and leisure managers, fitness consultants, nutrition and sports performance analysis.

Subject Teachers

Mr Wilson (Head of KS3)

Miss Jordan (Head of KS4)

Mr Whiteside (Senior Assistant Headteacher)

Mrs Conning-Wild

Mr Mawn (Progress Leader)

* All qualifications are subject to change following consideration of any new specifications.

