

TOPICS COVERED	SPECIFIC/ ASSESSMENTS	TIMESCALE
<p>Edexcel GCSE PE is made up of four components-</p> <p><u>Component 1: Fitness and Body Systems</u></p> <ul style="list-style-type: none"> ● <i>Topic 1:</i> Applied anatomy and physiology ● <i>Topic 2:</i> Movement analysis ● <i>Topic 3:</i> Physical training ● <i>Topic 4:</i> Use of data <p><u>Component 2: Health and Performance</u></p> <ul style="list-style-type: none"> ● <i>Topic 1:</i> Health, fitness and well-being ● <i>Topic 2:</i> Sport psychology ● <i>Topic 3:</i> Socio-cultural influences ● <i>Topic 4:</i> Use of data <p><u>Component 3: Practical Performance</u> Students will choose three activities from a set list. One must be a team activity. One must be an individual activity. The final activity can be a free choice.</p> <p><i>Students will be assessed on:</i></p> <ul style="list-style-type: none"> ● Skills in isolation (5 marks) ● Application of skills, techniques and decision making in a full competitive environment. (25 marks) <p><u>Component 4: Personal Exercise Programme</u> Students will plan and carry out a six week personal exercise programme focussing on an area of weakness that would improve performance in their primary sport. They will be assessed on the planning, performing and evaluating of the programme. The sessions will be based primarily in our college fitness suite.</p>	<p>Externally marked 1 hour and 45 minutes written examination. This accounts for 36% of the final mark.*</p> <p>Externally marked 1 hour and 15 minutes written examination. This accounts for 24% of the final mark.*</p> <p>Non-examined assessment: internally marked and externally moderated. This accounts for 30% of the final mark. <i>(10% per activity.)</i></p> <p>You must be practically gifted in at least 2-3 activities to achieve success in this course.</p> <p>Non-examined assessment: internally marked and externally moderated This component accounts for 10% of the final mark.</p> <p><i>*Written examinations include multiple-choice, short-answer and longer-answer questions.</i></p>	<p>2.5 Terms</p> <p>2 Terms</p> <p>Practical assessments will be ongoing throughout the duration of the 2 year course.</p> <p>1 Term</p> <p>0.5 terms-</p> <p>Revision leading up to final examinations.</p>