

Subject Area: Physical Education  
Edexcel: GCSE Physical Education

TOPICS COVERED	SPECIFIC/ ASSESSMENTS	TIMESCALE
<p>Edexcel GCSE PE is made up of four components as follows:</p> <p><b><u>Component 1: Fitness and Body Systems</u></b></p> <ul style="list-style-type: none"> <li>• <i>Topic 1:</i> Applied anatomy and physiology</li> <li>• <i>Topic 2:</i> Movement analysis</li> <li>• <i>Topic 3:</i> Physical training</li> <li>• <i>Topic 4:</i> Use of data</li> </ul> <p><b><u>Component 2: Health and Performance</u></b></p> <ul style="list-style-type: none"> <li>• <i>Topic 1:</i> Health, fitness and well-being</li> <li>• <i>Topic 2:</i> Sport psychology</li> <li>• <i>Topic 3:</i> Socio-cultural influences</li> <li>• <i>Topic 4:</i> Use of data</li> </ul>	<p>Externally set/marked 1 hour and 45 minutes written examination. This accounts for <b>36%</b> of the final mark.*</p> <p>Externally set/marked 1 hour and 15 minutes written examination. This accounts for <b>24%</b> of the final mark.*</p> <p><i>*Written examinations include multiple-choice, short-answer and longer-answer questions.</i></p>	<p>2 ½ Terms</p> <p>2 Terms</p>
<p><b><u>Component 3: Practical Performance</u></b></p> <p>Students will be assessed in <b>three activities</b> from Edexcel's list of approved sports. One <b>must</b> be a team activity. One <b>must</b> be an individual activity. The final activity can be a team <b>or</b> individual activity. <i>Each activity will be assessed in:</i></p> <ul style="list-style-type: none"> <li>• Skills in isolation (5 marks);</li> <li>• Application of skills, techniques and decision making in a full competitive environment (25 marks).</li> </ul>	<p>Non-examined assessment: internally marked and externally moderated. This accounts for <b>30%</b> of the final mark (<i>10% per activity</i>).</p> <p>You must be <b>practically gifted</b> (i.e. play/compete in school teams and for clubs/teams outside of school) in at <b>least 1 activity</b> to achieve success in this course.</p>	<p>Practical assessments will be ongoing throughout the duration of the 2 year course.</p>
<p><b><u>Component 4: Personal Exercise Programme</u></b></p> <p>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 the college fitness suite</p>	<p>Non-examined assessment: internally marked and externally moderated. This component accounts for <b>10%</b> of the final mark.</p>	<p>1 Term</p>