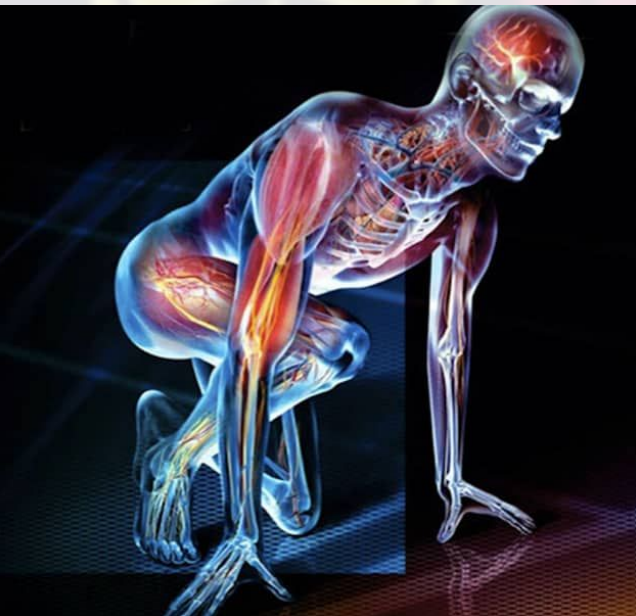


# Is GCSE PE the right course for you?

HEALTH-RELATED FITNESS COMPONENTS
<b>CARDIOVASCULAR ENDURANCE</b> Your body's ability to deliver oxygen to working muscles during exercise.
<b>MUSCULAR ENDURANCE</b> Your muscles' ability to exert force repeatedly or for an extended period of time.
<b>MUSCULAR STRENGTH</b> Your muscles' ability to exert a maximum amount of force in one effort.
<b>FLEXIBILITY</b> Your muscles' and joints' ability to move through their full range of motion.
<b>BODY COMPOSITION</b> Your body's ratio of lean muscle to stored fat.



## WHY STUDY GCSE PE?

- ❖ If you have an interest and passion in playing regular and competitive sport.
- ❖ If you enjoying watching/analysing different sports.
- ❖ If you have a genuine interest in learning how the body and brain function to help you exercise and play sport.
- ❖ If you are interested in contemporary issues such as the media, the commercialisation and drugs in sport.
- ❖ If you think you would like to study PE or Sport in higher education - e.g A Level PE and at University.
- ❖ If you are interested in a career in PE/Sport- PE teaching, sports coaching, sports lecturing, sports management, physiotherapy, sports nutrition & personal training.



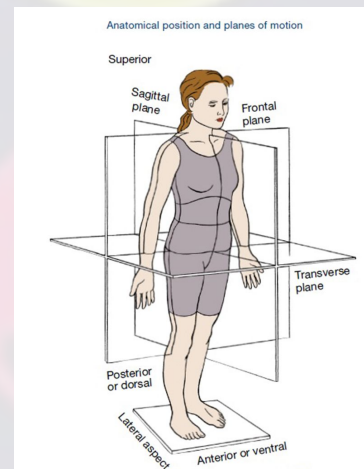
## HOW IS THE COURSE STRUCTURED?

This Edexcel qualification is made up of 4 components:

### Component 1: Fitness and Body Systems

Students will study:

- ❖ *Topic 1: Applied anatomy and physiology*
  - ❖ *Topic 2: Movement analysis*
  - ❖ *Topic 3: Physical training*
  - ❖ *Topic 4: Use of data*
- 
- ❖ This is an externally marked **1 hour and 45 minutes** written examination.
  - ❖ This component accounts for **36%** of your final mark.



## EXAMPLES OF KEY TOPICS STUDIED IN COMPONENT ONE:

- ❖ Skeletal system
- ❖ Muscular system
- ❖ Cardiovascular system
- ❖ Respiratory system
- ❖ Short & long term effects of exercise on the 4 systems above.
- ❖ Aerobic & Anaerobic exercise
- ❖ Components of fitness
- ❖ Training methods
- ❖ Principles of training
- ❖ Sports injuries
- ❖ Warm ups & cool downs
- ❖ Performance enhancing drugs

## HOW IS THE COURSE STRUCTURED?

### Component 2: Health and Performance

Students will study:

- ❖ *Topic 1: Health, fitness and well-being*
  - ❖ *Topic 2: Sport psychology*
  - ❖ *Topic 3: Socio-cultural influences*
  - ❖ *Topic 4: Use of data*
- 
- ❖ This is an externally marked **1 hour and 15 minutes** written examination.
  - ❖ This component accounts for **24%** of your final mark.





## EXAMPLES OF KEY TOPICS STUDIED IN COMPONENT TWO:

- ❖ Lifestyle choices affecting sports performance
- ❖ Optimum weight
- ❖ Balanced diet
- ❖ Physical, social & emotional health
- ❖ Skill classification
- ❖ Goal setting /SMART target settings
- ❖ Types of practice.
- ❖ Types of feedback & guidance when coaching/teaching sport
- ❖ Mental preparation of sports performance
- ❖ Participation rates of sport and physical activity
- ❖ The commercialisation of sport (sponsorship, TV, media)
- ❖ Different types of sporting behaviour.

## HOW IS THE COURSE STRUCTURED?

### Component 3: Practical Performance

Students will be assessed on:

- ❖ Skills in isolation (NON competitive environment) (5 marks)
- ❖ Application of skills, techniques and decision making in a full competitive environment. (match, race, competition) (25 marks)
- ❖ The assessment consists of students completing **three physical 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- we will focus on handball as a potential 3rd activity and develop your practical performance in lessons and extra-curricular practises.
- ❖ Each activity is worth **10%** of your final grade- **30% altogether**



## MODERATION DAY

- ❖ In March/April of year 11 we will have a GCSE PE moderation day at the college. An external moderator from Edexcel spends the day observing you perform in various activities.
- ❖ They will watch isolated drills as well as a full sided competitive match where necessary.
- ❖ All activities will need to be filmed as evidence during year 11 for any activities not shown on moderation day will still be watched on computer by the moderator.
- ❖ The whole purpose of the moderation day is for the exam board to check that the practical marks we have given you are accurate.



## LIST OF TEAM ACTIVITIES TO BE ASSESSED IN

Team activities	
Activity	Forbidden combinations and rules
Association football	Cannot be five-a-side or futsal
Badminton	Cannot be assessed with singles/individual activity badminton
Basketball	Cannot be 'street basketball'
Camogie	Cannot be assessed with hurling
Cricket	
Dance	Acceptable dances include: ballet, ballroom, contemporary/modern, hip-hop, jazz, salsa, street, tap
Gaelic football	
Handball	
Hockey	Must be field hockey, not ice hockey or roller hockey
Hurling	Cannot be assessed with camogie
Lacrosse	
Netball	
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity
Rugby league	Cannot be assessed with rugby union or rugby sevens – cannot be tag rugby
Rugby union	Can be assessed as sevens or fifteen-a-side. Cannot be assessed with rugby league, cannot be tag rugby
Squash	Cannot be assessed with singles/individual activity squash
Table tennis	Cannot be assessed with singles/individual activity table tennis
Tennis	Cannot be assessed with singles/individual activity tennis
Volleyball	

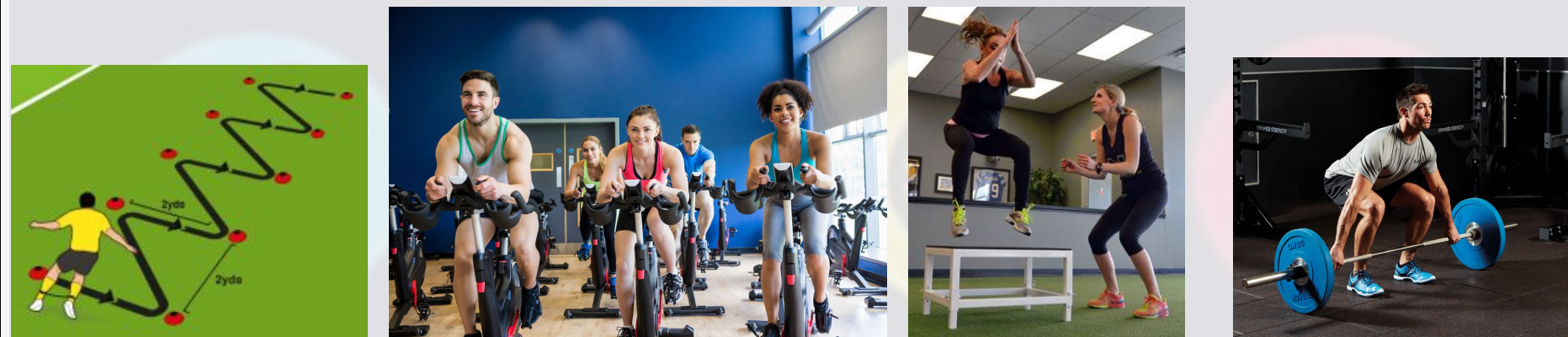
## LIST OF INDIVIDUAL ACTIVITIES TO BE ASSESSED IN

Individual activities	
Activity	Forbidden combinations and rules
Amateur boxing	
Athletics	Can be assessed in one event from the disciplines of either Track or Field  Race walking and cross country are not a permitted Athletics events
Badminton	Cannot be assessed with doubles
Canoeing	Cannot be assessed with kayaking, rowing or sculling
Cycling	Track or road cycling only
Dance	Can only be used for one activity
Diving	Platform diving
Golf	
Gymnastics	Floor routines and apparatus only
Equestrian	Can be assessed in either show jumping, cross country or dressage
Kayaking	Cannot be assessed with canoeing, rowing or sculling
Rock climbing	Can be indoor or outdoor
Rowing	Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity
Sculling	Cannot be assessed with sculling, canoeing or kayaking
Skiing	Outdoor/indoor on snow; cannot be assessed with snowboarding. Must not be dry slopes
Snowboarding	Outdoor/indoor on snow; cannot be assessed with skiing. Must not be on dry slopes
Squash	Cannot be assessed with doubles
Swimming	Not synchronised swimming
Table tennis	Cannot be assessed with doubles
Tennis	Cannot be assessed with doubles
Trampolining	

## HOW IS THE COURSE STRUCTURED?

### Component 4: Personal Exercise Programme (PEP)

- ❖ 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.
- ❖ This will be worth the final **10%** of your overall grade.





## GRADE BOUNDARIES IN 2019

Edexcel are one of the more difficult exam boards in terms of content, hence why the pass rate is subsequently one of the lowest in comparison with other GCSE PE syllabuses with other exam boards.

<b>Level</b>	<b>Mark /350</b>	<b>%</b>
<b>4</b>	<b>171</b>	<b>48.9</b>
<b>5</b>	<b>192</b>	<b>55</b>
<b>6</b>	<b>214</b>	<b>61</b>
<b>7</b>	<b>236</b>	<b>67</b>
<b>8</b>	<b>252</b>	<b>72</b>
<b>9</b>	<b>268</b>	<b>76</b>

Subject Area: Physical Education  
Edexcel: GCSE Physical Education

TOPICS COVERED	SPECIFIC/ASSESSMENTS	TIMESCALE
<p>Edexcel GCSE PE is made up of four components-</p> <p><b>Component 1: Fitness and Body Systems</b></p> <ul style="list-style-type: none"> <li>• Topic 1: Applied anatomy and physiology</li> <li>• Topic 2: Movement analysis</li> <li>• Topic 3: Physical training</li> <li>• Topic 4: Use of data</li> </ul> <p><b>Component 2: Health and Performance</b></p> <ul style="list-style-type: none"> <li>• Topic 1: Health, fitness and well-being</li> <li>• Topic 2: Sport psychology</li> <li>• Topic 3: Socio-cultural influences</li> <li>• Topic 4: Use of data</li> </ul> <p><b>Component 3: Practical Performance</b> Students will choose <b>three activities</b> from a set list. One <b>must</b> be a team activity. One <b>must</b> be an individual activity. The final activity can be a free choice. <i>Students will be assessed on:</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><b>Component 4: Personal Exercise Programme</b> 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 <b>36%</b> of the final mark.*</p> <p>Externally marked 1 hour and 15 minutes written examination. This accounts for <b>24%</b> of the final mark.*</p> <p>Non-examined assessment: internally marked and externally moderated. This accounts for <b>30%</b> of the final mark. (10% per activity.)  You must be <b>practically gifted</b> in at <b>least 2-3 activities</b> to achieve success in this course.</p> <p>Non-examined assessment: internally marked and externally moderated This component accounts for <b>10%</b> 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>

## DO YOU QUALIFY TO STUDY THIS COURSE?

**We have two key criteria that every student who would like to study GCSE PE must possess:**

1. You must be a gifted sportsman/woman in **at least** 2 different sports. You **must** be involved in regular competitive sport outside of college for a club or team in **at least** 1 activity.
2. You must be **academically 'competent'** in core subjects English & Science. If you are performing well in these subjects it is a good indicator you will be able to cope with the difficulty of the academic side of the GCSE PE course. We will check previous/current assessment grades and ask for further guidance from your English and Maths teachers' if necessary.

If you do not meet both of the criteria, you may be better suited to our other PE KS4 qualification-

**Cambridge National in Sports Studies**



## ANY MORE QUESTIONS?

- ❖ Ask one of your PE teachers
- ❖ Email Mr. Williams-  
[jsw43@blessededward.co.uk](mailto:jsw43@blessededward.co.uk)