



Physical Education

Pearson Edexcel GCSE (Course Code: 1PE0)

Description

GCSE Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and wellbeing.

The aims and objectives of this qualification are to enable students to:

- develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance
- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- develop their ability to analyse and evaluate to improve performance in physical activity and sport
- understand the contribution that physical activity and sport make to health, fitness and wellbeing
- understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

The programme acts as an excellent springboard for further study in PE, sport science and the physical activity and sport industry. However, it also enables students to develop a range of transferable skills. These include presentation skills, collaboration, resilience, time management and self-reflection. It is a practical, creative course that is suitable for many future pathways.

Assessment Breakdown

Component 1	Fitness and Body Systems Written Examination	90 marks 1 hour 45 minute examination paper This examination is externally assessed	36%
Component 2	Health, Fitness and Wellbeing Written examination	70 marks 1 hour 15 minute examination paper This examination is externally assessed	24%
Component 3	Practical Performance	3 Sports from a dedicated list 1 team sport, 1 individual sport plus one other Assessment of skills in isolation and when applied to competitive situations Sports are internally assessed and externally moderated	30%
Component 4	Personal Exercise Programme Written Coursework	Students plan, execute and evaluate a 6-week fitness training programme to optimise performance in one sport	10%



Course Outline

Year	Michaelmas Term	Lent Term	Trinity Term
9	Musculo-Skeletal System Cardio-Respiratory System Short Term Effects of Exercise	Relationship of Health, Exercise and Performance Components of Fitness Principles of Training	Warm up and Cool Down SMART targets Long Term Effects of Exercise
10	PEP Coursework Data Collection Exercise Plan Execution	Lever Systems Planes and Axes of Movement Consequences of Sedentary Lifestyle	Physical, Emotional and Social Health Classification of Skills Types of Practice Guidance and Feedback Mental Preparation
11	Optimising Training Injury Prevention Diet, Nutrition and Hydration Engagement Patterns Final PEP Submission	Commercialisation Ethical and Social Issues in Physical Activity and Sport External Visiting Moderator	Revision, Exam Preparation and Study Leave

Practical sports are delivered and supported through Core PE and CCAs

Additional Information

We strongly advise that students participate in DCSG Sport CCA teams and sport outside of school in order to get exposure to training and competitive fixtures to complement their practical requirements.