



GCSE Physical Education: Start of Year 11 Information

Pearson Edexcel GCSE (1PE0)

Starting in Year 11 (or during Year 10)

Welcome to GCSE PE at Dulwich College (Singapore). We hope you enjoy learning more about physical activity, fitness and wellbeing.

In addition to this academic course we have many Sports CCAs and competitive teams available. Please discuss with your PE teacher about how you can get involved to complement the GCSE course.

Areas covered during Year 9:

Anatomy and Physiology

- The structure and functions of the musculo-skeletal system
- The structure and functions of the cardio-respiratory system
- The short term effects of exercise
- Anaerobic and aerobic exercise

Physical Training

- The relationship between health and fitness and the role exercise plays in both
- The components of fitness, benefits for sport and how fitness is measured and improved
- The principles of training and their application to personal exercise programmes
- Effective use of warm up and cool down
- Long term effects of exercise

Sport Psychology

- The use of goal setting and SMART targets to improve and/or optimize performance

Areas covered during Year 10:

Coursework – Personal Exercise Programme (10%)

- Fitness testing and notational analysis to identify strengths and weakness
- Design and execute 6 week training programme
- Fitness testing and notational analysis to identify areas of improvement
- Complete 1500 word written evaluation of programme

Movement Analysis

- Lever systems, examples of their use in activity and the mechanical advantage they provide in movement
- Planes and axes of movement

Health, Fitness and Wellbeing

- Physical, emotional and social health, fitness and wellbeing
- The consequences of a sedentary lifestyle

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Sport Psychology

- Classification of skills
- Practice Structures
- Guidance and feedback on performance
- Mental preparation on performance

Work to complete before you arrive

PEP Coursework should be complete and marked from previous school.

Any practical scores or video evidence to be shared from previous school.

Bring any notes or resources received from previous school to assist in your learning.

These websites are useful:

BBC Bitesize - <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

GCSE Simplified - <https://www.youtube.com/channel/UC0cmkgkaSfdh0M2yvpmHVHQ>

PlanetPE - <https://www.youtube.com/c/PlanetPEgcsepe/videos>

We use a software platform called The EverLearner which includes online tutorials and quizzes. If you are interested please get in touch and we can set you up with an account.