PHYSICAL EDUCATION
GCSE

INTRODUCTION

The GCSE Physical Education qualification will provide you with a broad foundation which will enable you to proceed towards further education or training, or to consider employment in the sports industry. The course aims to develop your knowledge and understanding of how a healthy, active lifestyle contributes to the growth and development of body systems and structures, as well as general wellbeing.

WHAT WILL I LEARN?

GCSE PE lessons will be **theory-based** with some elements of practical activity covered at appropriate times throughout the year. You will learn to understand the various effects of exercise on the body and how training can improve your sporting performance.

ENTRY REQUIREMENTS

- You should enjoy and have an active interest in PE, sport or physical activity.
- You must be regularly participating in competitive sport both in and out of school.
- You should enjoy being active and appreciate the benefits of maintaining your own physical fitness and health.
- You must be able to work constructively within a classroom environment as well as a variety of active physical scenarios.

HOW WILL I BE ASSESSED?

Component 1: Fitness and Body Systems: 1 hour 45 minutes written examination paper. This is worth 36% of your total marks.
Component 2: Health and Performance: 1 hour and 15 minutes written examination paper. This is worth 24% of your total marks.
Component 3: Three practical performances for both individual and team sports. This is worth 30% of your total marks.
Component 4: This will be worth 10% of the marks and will include the planning, performing, monitoring and evaluating of a Personal Exercise Programme.

FUTURE OPPORTUNITIES

Successful completion of GCSE Physical Education can enable you to study a variety of subjects post-16 including the BTEC Extended Diploma in Sport and Exercise Science and A-Level PE. Employers see GCSE PE students favourably as they have developed the transferable skills and key skills that they are often looking for.

FURTHER INFORMATION

In order to be considered for a place on the GCSE PE course you must have regularly taken part in PE lessons during Year 9, to the best of your ability. You should also have had regular attendance at extra-curricular clubs.

For more information visit the Edexcel website (www.edexcel.com), speak to a member of the PE department, or contact Mrs Reynolds Head of Physical Education or Mr Taylor, Lead teacher for GCSE PE.