

“OUR VISION is to develop world class students who have the belief in themselves that anything is possible and lead happy and successful lives”





EDEXEL GCSE PE

- By the end of the course, students will:
 - understand how physical activities **benefit health, fitness and wellbeing**
 - understand how the **physiological** and **psychological** state affects performance in physical activity and sport
 - understand the key **socio-cultural** influences that can affect people's involvement 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 theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance
 - develop their ability to analyse and evaluate to improve performance in physical activity and sport



Theory Papers

The assessment consists of multiple-choice, short-answer, and extended writing questions.

Both papers end with **2 x 9-mark** questions

Students will be expected to draw on their knowledge and understanding in relation to the question, apply their knowledge and understanding and come to a reasoned judgement in order to answer the specific requirement of the question.

AO1	Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport
AO2	Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport
AO3	Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport



Course Structure

Theory Papers

Component 1 - Fitness and Body Systems

- Written examination: 1 hour and 45 minutes
- **36%** of the qualification
- **90** marks
 - Topic 1: Applied anatomy and physiology
 - Topic 2: Movement analysis
 - Topic 3: Physical training
 - Topic 4: Use of data

Component 2 – Health and Performance

- Written examination: 1 hour and 15 minutes
- **24%** of the qualification
- **70** marks
 - Topic 1: Health, fitness and well-being
 - Topic 2: Sport psychology
 - Topic 3: Socio-cultural influences
 - Topic 4: Use of data



Practical



Component 3 – Practical Performance

- Internally marked and externally moderated
- **30%** of the qualification
- **105 marks** (35 marks per activity)
- **Content overview**
- Skills during individual and team activities
- General performance skills

Assessment overview

- 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.
 - Students must participate in **three separate activities**.

1 x team, 1 x individual, 1 x free choice

Team Activities
Association football
Badminton
Basketball
Camogie
Cricket
Dance
Gaelic Football
Handball
Hockey
Hurling
Lacrosse
Netball
Rowing

Team Activities
Rugby League
Rugby Union
Squash
Table Tennis
Tennis
Volleyball
Blind Cricket
Goal Ball
Powerchair Football
Table Cricket
Wheelchair Basketball
Wheelchair Rugby

Individual Activities
Amateur Boxing
Athletics
Badminton
Canoeing
Cycling
Dance
Diving
Golf
Gymnastics
Equestrian
Kayaking
Rock Climbing

Individual Activities
Rowing
Sculling
Skiing
Snowboarding
Squash
Swimming
Table Tennis
Tennis
Trampolining
Boccia
Polybat



Written Coursework

Component 4 – Personal Exercise Programme (PEP)

- Non-examined assessment: internally marked and externally moderated
- 10% of the qualification
- 20 marks
- **Content overview**
 - Aim and planning analysis
 - Carrying out and monitoring the PEP
 - Evaluation of the PEP
- **Assessment overview**
 - The assessment consists of students producing a Personal Exercise Programme (PEP)
 - Controlled assessment
 - Maximum 1500 words
 - Students will be required to analyse and evaluate their performance.



How is the course assessed?

Two exams in the summer of Year 11

- Exam 1 1hr 45 36%
- Exam 2 1hr 15 24%

Ongoing assessment with final moderation in

March/April of Year 11

- Practical Activities 30%

Started at the end of Year 10

Final submission January Year 11

- Personal Exercise Programme 10%



Grade Boundaries

	9	8	7	6	5	4	3	2	1
2019	77	72	68	61	55	49	36	25	13
2018	77	72	67	61	55	48	38	27	16



How can you support?

Theory:

- Encourage homework to be completed on day of issue. If a student is unsure of anything, there is then time to speak to their teacher.
- Where we set homework, check that they are using the guidance they have been provided by their teacher and any notes in the lesson.
- Read your son/daughter's homework and help them expand their responses by asking 'why?' and 'so what?' This will enable them to gain higher grades in their work.



How can you support?

Theory:

- Make sure they build in time to allow you to **proofread** their work.
- Encourage your son/daughter to create revision material from Day 1. Get them to experiment with different revision techniques to find what works for them.
- If your son/daughter is absent, please ask them to see their teacher as soon as possible to find out what they have missed.



How can you support?

Revision:

- Encourage the creation of revision material such as revision post cards, posters and placemats after lessons to make revision easier
- Use websites such as **Seneca Learning** and **GCSE Bitesize** which have a number of tasks and revision notes to help topic understanding
- Use the Edexcel Revision Book to cement understanding and attempt practice questions



How can you support?

PRACTICAL

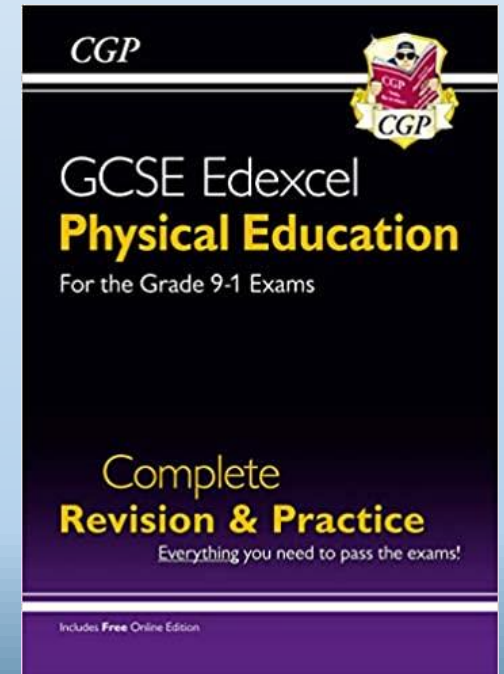
Ensure your child is taking part in least three sporting activities each week. A minimum of one activity should be outside school but preferably two and in an ideal world three!

Videoing - Both skills and game play need to be recorded. Please liaise with coaches to get footage of your child. This can be over numerous sessions/matches. Editing is encouraged!!!!



Useful resources

- [SenecaLearning](#) - interactive resource for revision
- [Memrise.com](#) - interactive resource for revision
- [Satchel:one](#) - homework will be published regularly on here, reflecting the tasks students are currently working on and resources to support them (Task sheets, handouts, past papers)
- [BBC Bitesize](#) – GCSE Physical Education – Edexcel
- [Past Papers](#) – link on specification page in the handout we have provided
- [Revision Guides](#) - Please use Edexcel GCSE PE 9-1





Thank You