

Edexcel GCSE Physical Education

Making the Grade. Learn the pathway to academic success.

Subject Teachers: Miss Flitney & Mr Poeti

Key Dates:

- November 2022 – PEP deadline
- January 2023 – Deadline for Practical Videos
- March/April 2023 – External practical moderation
- May 2023 – External exams start



Overview of Year 9:

Students have an additional 5 PE lessons a fortnight; some will be practical, others in a classroom. In the first term, students undertake a number of fitness tests and methods of training as a practical introduction to key components of the course. In the classroom we follow up these practical lessons with some data analysis and begin to embed key skills, needed by students to be successful on the course. As role models to their peers and other students, it is important that high standards are set and maintained in terms of kit, the bringing of equipment, the timely completion of homework and effort in all PE classes. Establishing good routines now will contribute to a smooth passage through the three-year course, especially in terms of work ethic and attendance and participation in a variety of sports both in school and out of school.

The introductory theory lessons cover health, fitness, well-being and sedentary lifestyles. This section requires students to learn by heart a number of Edexcel definitions. Then they move on to the components of fitness, its benefits for sport and how fitness is measured and improved.

How can families contribute to success on this course?

- Download a copy of the syllabus / specification and to “**traffic light**” sections over time.
- Speak to your child about what they have learnt, **encourage** them to follow the advice on the back.
- Read your child’s homework and help them expand their responses by asking ‘why?’ or ‘so what?’ Test them on **definitions**; this will enable them to gain higher grades in their work.
- Encourage your child to create revision material from day one, encouraging them to experiment with different revision techniques to find what works for them. “**Knowledge recall** is the foundation of all learning”.
- Support them to take an interest in sports news and keep in touch with the big headlines where sport is found on the front pages of the newspapers. **Encourage curiosity**.
- If absent, ask your child to check **SMHW** and see their teacher as soon as possible to find out what work they have missed.
- To video competitive performances outside school as **evidence**.

Resources for success:

- **Seneca Learning** - [Free Homework & Revision for A Level, GCSE, KS3 & KS2 \(senecalearning.com\)](https://www.senecalearning.com/)
- **BBC Bitesize** - [GCSE Physical Education - Edexcel - BBC Bitesize](https://www.bbc.com/bitesize/gcse/physical-education/edexcel)
- **Revision Text Book** - [Grade 9-1 GCSE Physical Education Edexcel Complete Revision & Practice](https://www.revisiontextbook.com/gcse-physical-education-edexcel-complete-revision-practice/)
- **Satchel:one** - [Satchel One | Learning platform](https://www.satchelone.com/) - homework will be published regularly on here

- **Past Paper Exam Questions** - [Past papers](#) | [Past exam papers](#) | [Pearson qualifications](#)
- **YouTube, Sky News, BBC News etc.** - Keeping up to date with the sporting world

HOW CAN I BE A PROCVATIVE INDEPENDENT LEARNER IN GCSE PE?

<p>AFTER EACH LESSON</p>	<p>RECAP 9 WORDS FROM THE LESSON – WRITE 9 QUESTIONS WITH ANSWERS FROM TODAY’S LESSON</p>	<p>HOW MANY DIFFERENT SPORTS CAN YOU APPLY TODAY’S LEARNING TO?</p>	<p>IF YOU DON’T QUITE UNDERSTAND THIS LESSON, WHAT QUESTION ARE YOU GOING TO ASK THE TEACHER?</p>
<p>REGULARLY</p>	<p>GO THROUGH YOUR NOTES ALONG WITH ANY RESOURCES FROM SMHW. ADD TO YOUR NOTES FROM YOUR TEXT BOOK – LOOK THROUGH THE RELEVANT SECTION ON SENECA LEARNING.</p>	<p>TEST YOURSELF ON 10 KEYWORDS PER WEEK. DEVELOP REVISION RESOURCES. LOOK UP THE TOPIC ON BBC BITESIZE AND SMART PE.</p>	<p>IF YOU LOOK BACK THROUGH YOUR NOTES & STILL DON’T UNDERSTAND SPEAK TO THE TEACHER OR EVEN EMAIL THEM WITH YOUR QUESTIONS.</p>
<p>APPROACHING ASSESSMENT</p>	<p>CHECK THE TOPICS ABOUT TO BE ASSESSED. LOOK THROUGH THE SYLLABUS & RATE YOUR CONFIDENCE ON EACH TOPIC. LOOK FOR THE RELEVANT SECTION ON SENECA LEARNING</p>	<p>WHEN ARE YOU PLANNING ON REVISING? WRITE 10 QUESTIONS PER TOPIC AND QUIZ YOURSELF ON THEM. CAN YOU APPLY THE TOPIC YOU ARE REVISING TO 3 DIFFERENT SPORTS?</p>	<p>IF YOU ARE NOT CONFIDENT ON A TOPIC MAKE SURE YOU EITHER SPEAK TO THE TEACHER OR EVEN EMAIL THEM WITH YOUR QUESTIONS.</p>
<p>AFTER AN ASSESSMENT</p>	<p>ASK YOURSELF THESE QUESTIONS: - DID I REVISE ENOUGH? DID I REVISE THE CORRECT TOPICS? DID I CHECK MY SPORTING EXAMPLES? DID I USE THE CORRECT TECHNICAL TERMINOLOGY THROUGHOUT? DID I USE PEED ON MY EXTENDED ANSWERS? THINK ABOUT YOUR A01, A02 & A03 ANSWERS. COMPLETE A REFLECTION SHEET</p>	<p>CELEBRATE SUCCESS & INVESTIGATE SETBACKS – WRITE DOWN SOME “NEXT TIME I WILL...”</p> <ul style="list-style-type: none"> • KEY WORDS I FORGOT • APPLY TO SPORTING EXAMPLES • USED PEED IN MY LONGER ANSWERS 	<p>FOCUS YOUR REVISION ON THE TOPICS YOU FOUND CHALLENGING</p> <p>USE YOUR TEXT BOOK, YOUTUBE, YOUR PEERS, BBC BITESIZE, EVEN YOUR TEACHER TO LOOK INTO THESE TOPICS.</p>