

GCSE Physical Education

GCSE PE is a theory based Physical Education course. Although majority of the course is classroom-based, there are some practical lessons. GCSE PE is an academic qualification aimed at those students who have an interest in learning about the science of Physical Education and can perform highly in a range of sports and physical activities inside and outside of school.

Programme of Study and Assessment (Edexcel)

Fitness and body systems (36% - written examination at the end of the course)

This component assesses students' knowledge and understanding of the factors underpinning physical activity and sport performance. Students will develop their theoretical knowledge and understanding of applied anatomy and physiology, movement analysis and physical training so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving or optimising their own practical performance.

Health and Performance (24%- written examination at the end of the course)

This component assesses students' knowledge and understanding of the factors that underpin participation. They will develop their knowledge of health, fitness and wellbeing and how they impact on performance. Students will also be introduced to sports psychology, skill development and key socio-economic factors that can influence involvement in sport.

Practical Performance (30% - controlled assessment)

Students' skills are assessed in a range of practical performances. Students will be required to perform in three different physical activities in the role of the player/performer and demonstrate their skills in isolation/unopposed situations and a formal/competitive situation while under pressure. Students must choose one team and one individual sport/activity, the final choice can be either.

Personal Exercise Plan (10% - controlled assessment)

Students will develop their skills in analysing and evaluating performance through a personalised exercise plan and develop knowledge and understanding of the principles of training, methods of training and use of data to evaluate their plan. The personalised exercise plan covers a six-to-eight-week period and can relate to any physical activity.

Useful links

[GCSE PE](#)