

# Physical Education Department

## GCSE Physical Education



**Examination board**  
Edexcel

**Course code**  
IPEO

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

### Synopsis

The course focuses on teaching pupils an overview of fitness, body systems, personal health and practical performance. The majority of this course is taught theoretically and is assessed through two exams, weighting 36% and 24% of the overall course. An independent physical exercise programme is completed as a coursework task worth a further 10%. Finally, a practical assessment will be completed in three chosen sports surrounding their technical performance and their ability to perform within a competitive scenario.

**Year 10:** Pupils will have the opportunity during their first year to study the examined component one. Four topics are spread across the year which include; anatomy and physiology, movement analysis, physical training and the use of data in sport. This will allow pupils to prepare not only for their exam but also their externally assessed coursework; identifying two components of fitness that are negatively affecting their practical performance and creating a six week training programme to improve. Pupils begin their coursework task in April of Year 10 which they complete in a set period of time with the support of their classroom teacher. This should be selected based upon the pupils sporting interests.



**Year 11:** Pupils work until February half term on the second examined component; Health, fitness and well-being, Sport Psychology, Socio-cultural influences and the use of data in sport. There is then a short focus upon their practical performances in preparation for the external moderation day where they are selected at random to perform their chosen sports. The remainder of the year is then utilised to continue to study/revise the subject content in preparation for their exam, practising exam skills and answering past exam questions to improve technique and their quality of written communication. Throughout Year 11 the focus is on making sure that pupils are confident in their preparation for the examination in the summer and that they maximise their practical and coursework grade.

### Specification

(Please note that this is a summary of what will be studied)

<b>Component 1: Fitness and Body Systems</b>	<b>Component 2: Health and Performance</b>
<ul style="list-style-type: none"> <li>Exam – 1hr 45min</li> <li>90 marks – 36% of qualification</li> <li>Exam consists of multiple-choice, short-answer and extended writing questions</li> <li>Topic 1: Applied anatomy and physiology</li> <li>Topic 2: Movement analysis</li> <li>Topic 3: Physical training</li> <li>Topic 4: Use of data</li> </ul>	<ul style="list-style-type: none"> <li>Exam – 1hr 15min</li> <li>70 marks – 24% of qualification</li> <li>Exam consists of multiple-choice, short-answer and extended writing questions</li> <li>Topic 1: Health, fitness and well-being</li> <li>Topic 2: Sport psychology</li> <li>Topic 3: Socio-cultural influences</li> <li>Topic 4: Use of data</li> </ul>
<b>Component 3: Practical Performance</b>	<b>Component 4: Personal Exercise Programme</b>
<ul style="list-style-type: none"> <li>Internally marked and externally moderated</li> <li>105 marks – 30% of qualification</li> <li>Skills during individual and team activities</li> <li>General performance skills</li> <li>Three physical activities from a set list</li> <li>One team, one individual and one free choice</li> </ul>	<ul style="list-style-type: none"> <li>Internally marked and externally moderated</li> <li>20 marks – 10% of qualification</li> <li>Coursework task</li> <li>Aim and planning analysis</li> <li>Carrying out and monitoring the PEP</li> <li>Evaluation of the PEP</li> </ul>

## Structure of the course

The course is a two-year GCSE which requires students to complete four components of study; Component 1 and Component 2 - Written Paper, Component 3 – Practical and Component 4 - Coursework. The written papers are 1hr 45min and 1hr 14min respectively and are sat once at the end of year 11 whilst the coursework task requires pupils to spend a set number of hours working during lessons to produce a coursework portfolio. The 'value' of each unit towards the pupil's final GCSE grade is;

- 36% Component 1 Written Paper
- 24% Component 2 Written Paper
- 30% Component 3 Practical Assessment
- 10% Component 4 Coursework Task

## Prospective timeline

Learning of theory content; practising exam technique and preparation	(September 2018– February 2020)
Completion of the Controlled Assessment	(April 2019 – September 2019)
Rehearsal of skills and performance within practical activities	(February 2020 – April 2020)

## Textbook and revision guide

Book title	ISBN
Oxford Press: Edexcel GCSE Physical Education Textbook	9780198370215
Revise Edexcel GCSE (9-1) Physical Education Revision Guide	9781292135120

## Further study opportunities

(Please note that this is a summary of what will be studied)

A-level	College
AS/A2 Physical Education Level 3 BTEC National Extended Certificate in Sport	Level 3 BTEC National Extended Certificate in Sport
University	Apprenticeships
Physical Education Sport and Exercise Science Sports Coaching Sports Nutrition Physiotherapy Sports and Leisure management	

For further information regarding apprenticeships visit:

<http://www.apprenticeships.org.uk>

## Further information

If you have any queries regarding the study of GCSE Physical Education please do not hesitate to contact the Head of Department, Mr A Weaver at;

**[a.weaver@cardinalgriffin.staffs.sch.uk](mailto:a.weaver@cardinalgriffin.staffs.sch.uk)**

# Physical Education Department

## BTEC Sport



**Examination board**  
Pearson Edexcel

**Course code**  
600/4779/3

<https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>

### Synopsis

The course focuses on teaching pupils an overview of fitness for sport and exercise, practical sports performance, training for personal fitness and leading sports activities. The majority of this course is taught theoretically and is assessed through an exam, weighting 25% and independent, controlled assessment tasks worth the remaining 75%. Practical assessment takes form in small sections within the three internally assessed units.

**Year 10:** Pupils spend the first half of the year learning content for the examined unit, fitness for sport and exercise. This comprises of the components of fitness, the training methods for each component and how to complete the fitness tests. This knowledge is then assessed via an online, externally marked exam. Once this has been completed, the pupils move onto their first controlled assessment unit, Leading sports activities. The pupils will complete three controlled assessment booklets on how to plan, deliver and review a sports session before then leading a full sporting session to younger pupils at the college.

**Year 11:** The first half of Y11 will see the teaching of Unit 2, practical sports performance. The pupils will undertake further controlled assessments about the rules and regulations, skills and techniques and the analysis of sporting performances within their two chosen activities. The practical element of this unit requires the pupils to perform a range of skills in isolation and in a competitive scenario within their two chosen activities. Unit 5 concludes the year which we aim to complete before their exams start. This again has a range of controlled assessment tasks about preparing, completing and reviewing a training programme of their design. The practical element requires pupils to complete a six week training programme which is externally moderated via film.



### Specification

(Please note that this is a summary of what will be studied)

<p><b>Unit 1: Fitness for Sport and Exercise</b></p> <ul style="list-style-type: none"> <li>• External Exam – 1hr</li> <li>• 50 marks – 25% of qualification</li> <li>• Exam consists of multiple-choice, short-answer and extended writing questions</li> <li>• Know about the components of fitness and the principles of training</li> <li>• Explore different fitness training methods</li> <li>• Investigate fitness testing to determine fitness levels</li> </ul>	<p><b>Unit 2: Practical Sports Performance</b></p> <ul style="list-style-type: none"> <li>• Internally marked, externally moderated controlled assessment</li> <li>• Understand the rules, regulations and scoring system for selected sports</li> <li>• Practically demonstrate skills, techniques and tactics in selected sports</li> <li>• Be able to review sports performance</li> </ul>
<p><b>Unit 5: Training for Personal Fitness</b></p> <ul style="list-style-type: none"> <li>• Internally marked, externally moderated controlled assessment</li> <li>• Design a personal fitness training programme</li> <li>• Know about the exercise adherence factors and strategies for continued training success</li> <li>• Implement a self-designed personal fitness training programme to achieve own goals and objectives</li> <li>• Review a personal fitness training programme</li> </ul>	<p><b>Unit 6: Leading Sports Activities</b></p> <ul style="list-style-type: none"> <li>• Internally marked, externally moderated controlled assessment</li> <li>• Know the attributes associated with successful sports leadership</li> <li>• Undertake the planning and leading of sports activities</li> <li>• Review the planning and leading of sports activities</li> </ul>

## Structure of the course

The course is a two-year BTEC which requires students to complete four units of study; Unit 1, external exam and Unit 2, 5, 6, Controlled Assessment. The written paper is 1 hour and is sat at the mid-point of year 10 with the option to re-sit. The remainder of the course consists of controlled assessment tasks that are completed throughout the year. The 'value' of each unit towards the pupil's final BTEC grade is;

- 25% Unit 1 External Exam
- 25% Unit 2 Controlled Assessment
- 25% Unit 5 Training for Personal Fitness
- 25% Unit 6 Leading Sports Activities

The greater emphasis placed upon the Controlled Assessment provides pupils with a greater sense of control enabling them to monitor their progress during the course with increased accuracy.

## Prospective timeline

Unit 1	(September 2018– February 2019)
Unit 2	(September 2019 – January 2020)
Unit 5	(January 2020 – May 2020)
Unit 6	(February 2019- July 2019)

## Textbook and revision guide

Book title	ISBN
BTEC First Award Sport	9781446905555
BTEC First Sport Unit 1 & 7 Revision Guide	9781446906705

## Further study opportunities

(Please note that this is a summary of what will be studied)

A-level	College
AS/A2 Physical Education Level 3 BTEC National Extended Certificate in Sport	Level 3 BTEC National Extended Certificate in Sport
University	Apprenticeships
Physical Education Sport and Exercise Science Sports Coaching Sports Nutrition Physiotherapy Sports and Leisure management	

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## Further information

If you have any queries regarding the study of GCSE Resistant Materials please do not hesitate to contact the Head of Department, Mr A Weaver at;

**[a.weaver@cardinalgriffin.staffs.sch.uk](mailto:a.weaver@cardinalgriffin.staffs.sch.uk)**