

GCSE Option: Physical Education

Contact: Mr S. Thomas – Head of PE

Course Structure & Overview

Exam Board: EDEXCEL

Syllabus: 1PE0

Component 1: Written examination: 1 hour and 45 minutes 36% of the qualification

Component 2: Written examination: 1 hour and 15 minutes 24% of the qualification

Component 3: Non-examined assessment: internally marked and externally moderated 30% of the qualification

Component 4: Non-examined assessment: internally marked and externally moderated 10% of the qualification

If like many people you enjoy sport, physical activity and keeping fit and if you have an interest in how the body works and develops in terms of fitness and how we can make the most of our skills and abilities then GCSE Physical Education is a course for you. The qualification blend together opportunities for students to develop their physical skills and levels of physical fitness with the development of the knowledge and understanding of scientific theory in areas such as biology, physiology, psychology and sociology.

Course Content

The GCSE is made up of 4 components:

Component 1: Fitness and Body Systems - Written examination: 1 hour and 45 minutes 36% of the qualification

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

Topic 1: Health, fitness and well-being

Topic 2: Sport psychology

Topic 3: Socio-cultural influences

Topic 4: Use of data

Component 3: Practical Performance

Non-examined assessment: internally marked and externally moderated 30% of the qualification

105 marks, (35 marks per activity) One team activity, one individual activity and a free choice from the list published by the DfE Skills in isolation Skills in a competitive/ formal situation.

Component 4: Personal Exercise Programme (PEP)

Non-examined assessment: internally marked and externally moderated 10% of the qualification

20 marks Aim and planning analysis Carrying out and monitoring the PEP Evaluation of the PEP.

Skills Developed

GCSE Physical Education builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study. It encourages learners to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. It also helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances.

Progression Routes

Many of the students who enjoyed studying GCSE Physical Education have gone on to study A Level Physical Education or BTEC Diplomas in Sports and Exercise Science. The course also a good lead into personal fitness instruction qualifications.

Future Careers

Future careers include sports coaching, physiotherapy, scientific research, fitness instruction, nutritionist and dietician and teaching.