

## PHYSICAL EDUCATION GCSE

Examination board - EDEXCEL

5 periods per 2 weeks

### Course Content

During this course candidates will have the opportunity to study the theoretical side of physical education as well as performing the practical aspects.

The main aims of the course are to:

- improve the students' ability to plan, perform and evaluate physical activity;
- increase the students' understanding of physical activity;
- promote the value of physical exercise as a part of healthy living.

### Assessment

The assessment consists of three components:

- |                          |     |
|--------------------------|-----|
| - a written examination  | 60% |
| - personal exercise plan | 10% |
| - practical performance  | 30% |

The examination will test the student's knowledge and understanding of:

Fitness and body systems

- applied anatomy and physiology;
- movement analysis;
- physical training;
- using and analysing data.

Health and performance

- health fitness and well being;
- sports psychology;
- socio cultural influences.

Theoretical homework will be set once a week and will relate to concepts covered in theory lessons.

Practical performances will be assessed in three activities selected from the following areas:

- individual sports;
- team sports;
- one from either individual or team sports.

Students will also be required to create a personal exercise plan. This will assess their ability to analyse what is required to develop specific fitness components and therefore improve their performance in a chosen sport.

Assessment of the practical performance will be completed by the teacher and endorsed by external moderation. Further information and details of the course are available from members of the PE department.