



## SUBJECT & QUALIFICATION: Pearson Edexcel Level 1/2 GCSE (9-1) in Physical Education

### Why is the study of PE important?

Students will receive a well-rounded and full introduction to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.

### What skills will the study of PE teach you?

- The course has been designed to provide a smooth progression from GCSE to A level
- Builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study.
- Encourages learners to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.
- Helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances.
- The blend of scientific and social knowledge positions candidates to access a range of qualifications post 16.

### What will you know and understand from your study of PE?

#### Component 1 – Fitness and the body systems

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/optimising their own practical performance.

#### Component 2 – Health and performance

This component assesses students' knowledge and understanding of the factors underpinning participation and performance in physical activity and sport. Students will develop their theoretical knowledge and understanding of the contribution that physical activity and sport make to health, fitness and well-being and how these can impact on their own performance. Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered.

#### Component 3 – Practical Performance

The purpose of this component is to test students' skills in a range of practical performances. Students will be required to perform in three different physical activities in the role of player/performer. They will be required to demonstrate their skills in isolation/unopposed situations and demonstrate their skills in a formal/competitive situation while under pressure.

#### Component 4 – Personal Exercise Programme

The purpose of this component is to assess students' skills in analysing and evaluating performance through a personal exercise programme (PEP) in order to improve/optimize performance in a chosen physical activity. Students will develop knowledge and understanding of the principles of training, relevant methods of training



and use of data in order to analyse and evaluate their PEP. The PEP will cover a six- to eight-week period and can relate to any physical activity of their choice from the activities list given in Component 3: Practical Performance.

### How can you deepen your understanding of PE?

- Attend theory and practical enrichment
- GCSE Simplified Guide Edexcel: GCSE Simplified
- Revise Edexcel GCSE (9-1) Physical Education Revision Workbook: GCSE Revision Workbook
- GCSE Bitesize – Edexcel Bitesize
- Brian Mac - Sports Coaching
- Seneca learning website - <https://senecalearning.com/en-GB/>

### How are you assessed in PE?

There are 6 assessment points each year that we term Praising Stars©. We assess how students at their current stage of study are on track to reach their end of stage targets which are formulated on aspirational expectation from their KS2 starting points. We make an informed prediction from our holistic assessments based on our subject mapping of expectation across the Physical Education curriculum.

- Component 1 – Fitness and Body systems. Written examination 1 hour 30 minutes (36% of the qualification)
- Component 2 – Health and performance. Written examination 1 hour 15 minutes (24% of the qualification)
- Component 3 – Practical performance. Non examined assessment: internally marked and externally moderated (30% of the qualification)
- Component 4 – Personal exercise programme. Non examined assessment: internally marked and externally moderated (10% of the qualification)

### Key Assessment Objectives

*The 4 key learning objectives for PE are:*

AO1 - Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport (25%)

AO2 - Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport (20%)

AO3 - Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport (15%)

AO4 - Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance (40%)



Study of PE can lead to a wide range of careers:

- Teaching
- Sports scientist
- Physiotherapist
- Sports coach
- Sports development officer
- Personal trainer
- Sports psychologist
- Sports analyst
- Sports journalist
- Sports masseuse

### Pearson Edexcel Level 1/2 GCSE (9-1) in Physical Education Course Overview

Term	Year 1	Year 2
Autumn 1	Physical training	Applied anatomy and physiology
Autumn 2		
Spring 1	Personal Exercise Programme	Movement analysis
Spring 2	Health, fitness and well-being	Practical Moderation & Revision
Summer 1	Sports psychology	Summer examinations
Summer 2	Socio-cultural influences	