

PE (GCSE)

COURSE OVERVIEW

You will follow blocks of work in a variation of activities. In Year 11, you will be required to specialise in your three strongest activities, one of which must be a team sport and the other an individual sport. (There are a large number of activities to choose from).

The course does not include Dance, Swimming or Outdoor & Adventure Activities. However, those who also do GCSE Dance may select this as one of their three practical activities for assessment. Those who are good swimmers or take part in outdoor activities such as skiing, kayaking, expeditions or climbing, etc, can choose these for assessment also.

KNOWLEDGE & SKILLS DEVELOPED

Fitness and Body Systems

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

Health and Performance

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

Practical Performance

Personal Exercise Programme

Additional information:

If you wish to be assessed in an activity, which is not one of the activities listed but is included in the syllabus, this will be possible if assessment procedures can be arranged.

Students will have a balance of theory and practical lessons over each fortnightly cycle.

It is essential that you attend extra-curricular clubs and practices to complement the work done in lessons and to achieve higher levels of performance and understanding.

Qualification: **GCSE**

Awarding Body: **EDEXCEL**

ASSESSMENT METHOD

Exam 1 – Fitness and Body Systems (80 marks, 36% of overall grade)

Exam 2: Health and Performance (60 marks, 24% of overall grade)

Practical Performance (30% of overall grade)

POST 16 OPPORTUNITIES AND CAREERS

This course provides the foundation for a wide range of courses and careers, including Level 3 courses in Sport and Physical Education.

Students with an interest in this field can take BTEC Sport Level 3 at Kimberley College. Science (biology in particular) is a subject which supports and complements further study or employment within sport.

Careers you could consider include sports journalism, PE teacher, physiotherapist, official, sports coach, sports development, fitness instructor and personal trainer.



“I find the course suits me as I get to showcase some of my practical skills and use these as part of my assessment.”