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| Name of Course | PHYSICAL EDUCATION |
| Examination Board | Edexcel |
| <p>Is this the right subject for me?</p> <p>The GCSE Physical Education Course will appeal to you if you :</p> <ul style="list-style-type: none"> • Have a keen interest in sport and recreation and always look forward to your PE lessons • Take part in sport/recreation outside of the class time and love to be active • Want to know about the benefits of sport and exercise and ways to improve your performance in a range of sports • Are considering a sports-related career or an A level/higher education course | |
| <p>What will I learn?</p> <p>You will :</p> <ul style="list-style-type: none"> • Develop your knowledge and practical skills in a range of physical activities • Examine the effects of exercise and how training can improve performance • Identify ways to develop and maintain a healthy and active lifestyle • How to plan, carry out, monitor and evaluate a personal exercise programme | |
| <p>How will I be assessed?</p> <p>The GCSE course is assessed over 4 components:</p> <ul style="list-style-type: none"> • Component 1 is externally assessed through a written examination paper of 1 hour and 45 minutes at the end of the course. This will contribute 36% of your total marks. Topics: Fitness and Body Systems • Component 2 is externally assessed through a written examination of 1 hour and 15 minutes at the end of the course. This will contribute 24% of your total marks. Topics: Health and Performance • Component 3 is practical performance. You will have 3 practical activities from a list that your teacher can provide. One must be a team activity, one an individual activity and one free choice. You can achieve 30% of your total marks from this section. • Component 4 is planning and carrying out a personal exercise programme. It will contribute 10% of your total marks. | |
| <p>Useful Websites</p> <ul style="list-style-type: none"> • www.qualifications.pearson.com/edexcelgcse/physicaleducation-2016 • www.bbc.co.uk/schools/gcsebitesize/pe • www.mypeexam.org • www.s-cool.co.uk/gcse/pe <p>Useful Apps Planet PE</p> | |
| <p>For further information, please contact Miss Z Froud, Head of Faculty or Mr K Morris, Deputy Faculty Leader</p> | |

