

Edexcel GCSE Physical Education



Course Description

Learners will gain knowledge of the impact of a healthy active lifestyle on their cardiovascular, respiratory, muscular and skeletal systems and general wellbeing. They will also have to demonstrate their practical competence in a variety of practical activities and have the opportunity to adopt and be assessed in a number of different roles such as leader, official or player.

Qualification Information

GCSE in Physical Education

Assessment

The assessment consists of two main areas;

Unit 1- The theory of Physical Education. This looks into healthy active lifestyles and the healthy active body. This is externally assessed with a 1 hour and 30 minutes examination taken at the end of the two year course.

Unit 2- Performance in Physical Education. Students are required to offer 4 performances for their practical assessment in the role of either a player, official or leader. At least 2 of the 4 performances must be in the role of a player. As well as this, all learners are required to undertake an Analysis of Performance. This consists of developing their knowledge and understanding of rules and regulations, demonstrating an ability to observe, analyse and evaluate performances and plan strategies and tactics to improve performance. This can be presented in a number of ways so that it appeals to all learner types.

Entry requirements:

- 96% attendance and punctuality
- A genuine interest in a sporting career
- 100% participation rate in core PE lessons
- an independent and mature attitude

What can I do at the end of the course?

This qualification gives learners increased knowledge and understanding of the benefits of a healthy active lifestyle. It will enable students to develop their ability to engage independently and successfully in different types of physical activity and to develop and maintain their involvement in physical activity as part of a healthy active lifestyle. Students will have the skills to proceed onto a BTEC Level 3 in Sport or Sport and Exercise Science or study GCE A Level Physical Education.

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