



## PE

Exam Board: Edexcel  
Specification: 2016

### Topics Covered:

Physical Training  
Healthy Lifestyles  
Diet & Hydration  
Sports Psychology  
Commercialisation  
Socio-Cultural Influences  
Ethical Issues  
Injuries & Prevention  
Skeletal System  
Muscular System  
Cardiovascular System  
Respiratory System

### How is the course assessed?

Component 1 (36%) – Fitness & Body Systems. Final exam 1 hour 45 minutes

Component 2 (24%) – Health & Performance. Final exam 1 hour 15 minutes

Component 3 (30%) – Practical Performance

- Students are assessed in 3 sports (one team, one individual and one other from either category).
- Students are observed performing skills in isolation, and also in match play/performance.
- They are graded out of a total of 35 marks for each sport.

Component 4 (10%) – Controlled Assessment

- Students design, complete and evaluate a six-week personal exercise programme, based on their own performance in a sport of their choice.

The evaluation is scored out of 20 marks.

Links to helpful web-based resources: [www.bbc.co.uk/education/subjects/PE](http://www.bbc.co.uk/education/subjects/PE)  
and [www.senecalearning.com](http://www.senecalearning.com)

Suggested reading/ revision guides

Revise Edexcel GCSE (9-1) Physical Education Revision Guide (purple cover)

Revise Edexcel GCSE (9-1) Physical Education Revision Workbook (purple cover)