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 30 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
and 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)