



ERASMUS DARWIN ACADEMY

Excellence for All

GCSE PE

Aims

The GCSE PE course is an excellent starting point for those students wanting to pursue their interest in PE and sport. It enhances student knowledge, understanding and appreciation in a wide variety of issues to do with sport and prepares them thoroughly for the A-Level PE or BTEC Sport in the 6th Form, and even university, should they choose to pursue their interest in this huge and diverse area.

The Course

The course is divided into 3 main sections:

1. **The Theory of Physical Education** (which contributes **60%** towards the final grade achieved)
2. **Performance in Physical Education** (contributing **30%** towards the final grade)
3. **Personal Exercise Programme** (contributing **10%** towards the final grade)

The *Theory of Physical Education* is delivered through classroom sessions and through practical delivery of topics such as Anatomy and Physiology, Sports Psychology, Movement Analysis, Physical Training and Health, Fitness and Wellbeing.

For *Performance in Physical Education*, students will be assessed in 3 different sports which must include both a team and individual sport.

Students must also develop their ability to analyse sporting performance and produce a *Personal Exercise Programme* for their controlled assessment.

Assessment

Assessment in this course takes place in the following ways:

1. **Practical assessments** in a variety of sports against GCSE grading criteria, with the results in each student's **best 3 sports being put forward** towards their final result. Students will need to perform in both individual and team sports.
2. Through the *creation, implementation and evaluation* of a *Personal Exercise Programme (P.E.P)* to improve their own level of fitness for their chosen sport.
3. The theory of PE is assessed through **two examinations** at the end of the course. Students will be challenged with short answer questions, as well as extended questions where the quality of their written communication is also important.

Choose this course if..

- You are **competing regularly** in competitive sports, and also attending as many extra-curricular teams as possible.
- You are **confident in Science**, as the theoretical element of this course is heavily dependent upon Scientific knowledge.
- You are a good player/performer in **AT LEAST three sports**. This is a requirement to be successful on this course.
- You understand there will be **more theory-based** classroom lessons than practical.
- Please visit the exam board website to view the specification of acceptable sports for greater guidance on practical assessment.

Post 16 Opportunities and Careers

The GCSE PE course provides an excellent foundation for students wanting to study PE at **A-Level** and go on to pursue careers in PE teaching, Physiotherapy, Sports Medicine, Sports Science and Sports Psychology.

This course also provides the option for students to progress onto the **BTEC National in Sport** course in the 6th form.

Exam Board Information



<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

Contact

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