

GCSE PE – Edexcel

The GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health.

Theory – 60% - assessed with 2 exam papers at the end of Y11.

Theory work to cover modules of the following:

Fitness and body systems	Health and Performance
Applied anatomy and physiology	Health, fitness and well being
Movement analysis	Sport psychology
Physical training	Socio-cultural influences
Use of data	Use of data

Practical – 40%

(10%) Personal Exercise Programme.

- Planning the PEP
- Carrying out and monitoring the PEP
- Evaluation of the PEP

(30%) Skills and performance in 3 different sports (at least one must be team and at least one individual)

Team activities	Wheelchair Rugby	Wheelchair Basketball
Acrobatic Gymnastics*	Handball	Table Tennis
Association Football	Ice Hockey*	Tennis
Badminton	Inline/Roller Hockey*	Volleyball
Basketball	Lacrosse	Water Polo*
Hurling and Camogie	Netball	Blind Cricket
Cricket	Rowing	Goalball
Dance	Rugby League	Powerchair Football
Field Hockey	Rugby Union	Table Cricket
Figure Skating*	Sailing*	
Futsal*	Sculling*	
Gaelic Football	Squash	

Individual activities	Equestrian
Amateur Boxing	Kayaking
Athletics – Field Events	Rock Climbing
Athletics – Track Events	Sailing*
BMX Cycling*	Sculling
Canoeing	Skiing
Track Cycling	Snowboarding
Road Cycling	Swimming
Diving	Trampolining
Figure Skating*	Windsurfing*
Golf	Boccia
Gymnastics	Polybat