

Name of Course	PHYSICAL EDUCATION
Examination Board	Edexcel
<p>Is this the right subject for me? The GCSE Physical Education Course will appeal to you if you :</p> <ul style="list-style-type: none"> ● Have a keen interest in sport and recreation and always look forward to your PE lessons ● Take part in sport/recreation outside of the class time and love to be active ● Want to know about the benefits of sport and exercise and ways to improve your performance in a range of sports ● Are considering a sports-related career or an A level/higher education course 	
<p>What will I learn? You will :</p> <ul style="list-style-type: none"> ● Develop your knowledge and practical skills in a range of physical activities ● Examine the effects of exercise and how training can improve performance ● Identify ways to develop and maintain a healthy and active lifestyle ● How to plan, carry out, monitor and evaluate a personal exercise programme 	
<p>How will I be assessed? The GCSE course is assessed over 4 components:</p> <ul style="list-style-type: none"> ● Component 1 is externally assessed through a written examination paper of 1 hour and 45 minutes at the end of the course. This will contribute 36% of your total marks. Topics: Fitness and Body Systems ● Component 2 is externally assessed through a written examination of 1 hour and 15 minutes at the end of the course. This will contribute 24% of your total marks. Topics: Health and Performance ● Component 3 is practical performance. You will have 3 practical activities from a list that your teacher can provide. One must be a team activity, one an individual activity and one free choice. You can achieve 30% of your total marks from this section. ● Component 4 is planning and carrying out a personal exercise programme. It will contribute 10% of your total marks. 	
<p>Useful Websites</p> <ul style="list-style-type: none"> ● www.qualifications.pearson.com/edexcelgcse/physicaleducation-2016 ● www.bbc.co.uk/schools/gcsebitesize/pe ● www.mypeexam.org ● www.s-cool.co.uk/gcse/pe 	
<p>Useful Apps Planet PE</p>	
<p>For further information, please contact Miss Z Froud, Head of Faculty or Mr K Morris, Deputy Faculty Leader</p>	

