

Course information

Years: 10-11 Subject: GCSE in Physical Education.

Subject	Physical Education and Sport	Subject leader contact information	S Felton sfelton@cotytesloe.bucks.sch.uk
Exam Board	Edexcel/Pearson	Specification Code	1PEO

Subject Content

Students will receive a well-rounded and full introduction to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.

Additional Equipment Needed

- Revision materials highlighted below.

Assessment Details:

Component 1: Fitness and Body Systems: *Written Examination* of 1 hour and 45mins. (36% of the qualification)

Component 2: Health and Performance: *Written Examination* of 1 hour and 15mins. (24% of the qualification)

Component 3: Practical Performance: Non-examined assessment across 3 sports (1 Team, 1 Individual and 1 free choice): internally marked and moderated (30% of the qualification)

Component 4: Personal Exercise Programme (PEP) Coursework: Non-examined assessment: internally marked and externally moderated. (10% of the qualification)

To be successful students will need to be able to:

- Recognise AO1, AO2 and A03 style exam questions and construct the appropriate response. This 'exam technique' is covered in class.
- Students need to be able to interpret graphs and data in order to identify 'trends' and explain them.
- Engage with past papers, mark schemes and examiners reports to support their understanding of how to maximise marks gained in component 1 and 2
- Identify the 4 core skills they will put forward for assessment in each of their 3 practical areas.
- Recognise that core skills in practical activities are broken down into preparatory, execution and recovery phases.
- Practice writing exam responses in 'pressure practice' conditions using the '1 mark = 1 min' rule.

What can I do to support my child at home?

- Help students identify their 3 assessed practical activities and support practice opportunities at home.
- Where 1 or more activities are 'off-site' (not covered in school) e.g. swimming support the video recording of skills in isolation and condition practice (competition). Advice provided by the department.
- Encourage students to attend revision sessions at lunchtime and after school.
- Ask students to explain what they have covered in class as this can help 'internalise' information.
- Ensure homework on Show my homework is completed.

Recommended resources for the course:

What can the parents purchase/find to help their child?

Websites

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

Edexcel:

[https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Physical%20Education%20\(2016\)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse16-physicaleducation](https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html?Qualification-Family=GCSE&Qualification-Subject=Physical%20Education%20(2016)&Status=Pearson-UK:Status%2FLive&Specification-Code=Pearson-UK:Specification-Code%2Fgcse16-physicaleducation)

BBC - <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

Books

GCSE PE Revision Guide: (Essential)

Revise Edexcel GCSE (9-1) Physical Education Revision Guide: (with free online edition)

ISBN-13: 978-1292135120

Revision Workbook: (Essential)

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

ISBN-13: 9781292135083

GCSE PE Practice Papers: (Very worthwhile)

Revise EDEXCEL GCSE (9-1) Physical Education Practice Papers Plus.

ISBN-13: 978-1292213224

GCSE PE Revision Cards: (Optional)

Revise Edexcel GCSE (9-1) Physical Education Revision Cards: with free online Revision Guide.

ISBN-13: 978-1292182438

Teaching Staff Contact Details

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Additional Information:

- We have mock exams in November and March and students often need help in organising revision time.
- In Physical Education we have our Component 3 (practical moderation) before Easter so all practical assessments, both in school and off-site (video) will need to be completed 3 weeks in advance.