

# PHYSICAL EDUCATION

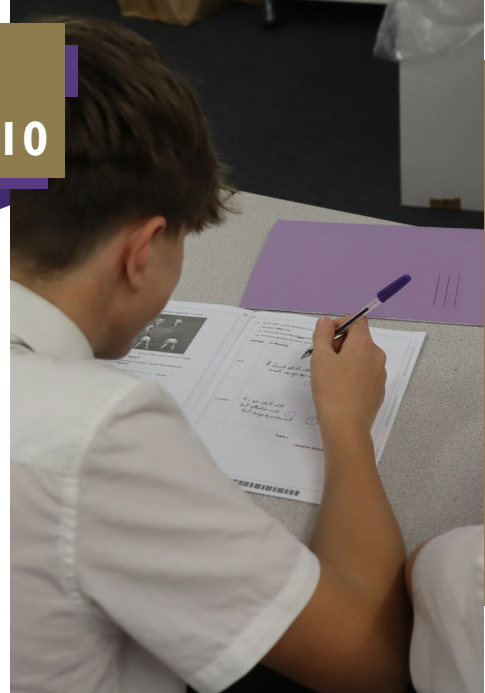
KS4 (Edexcel GCSE (9-1) Physical Education)

## Curriculum Purpose

The aims of this qualification are to enable students to develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge and understanding to improve performance.

We want to ensure students understand how the physiological and psychological state affects performance in physical activity and sport. We aim for students to perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas. As well as understanding the contribution that physical activity and sport make to health, fitness and wellbeing. Our students will also understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

YR10



## Course Content and Skill Development

Component number	Component Title	Learning outcomes	How assessed	Weighting
1	Component 1: Fitness and Body Systems	Topic 1: Applied anatomy and physiology Topic 2: Movement analysis Topic 3: Physical training Topic 4: Use of data	External exam	36%
2	Component 2: Health and Performance	Topic 1: Health, fitness and wellbeing Topic 2: Sport psychology Topic 3: Socio-cultural influences Topic 4: Use of data	External exam	24%
3	Component 3: Practical Performance	Skills during individual and team activities General performance skills	Internal	30%
4	Component 4: Personal Exercise Programme	Aim and planning analysis Carrying out and monitoring the PEP Evaluation of the PEP	Internal	10%



### When and how assessment of learning will happen

Paper 1 and the PEP is the main focus in year 10 with ongoing practical lessons. Students will be assessed throughout the 2 year course with the end of unit tests and mocks of Paper 1. Students will also be assessed practically within their lessons so they are aware at what level they are working at throughout the course.

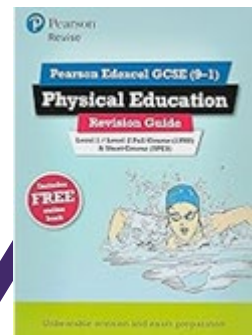
### Specification Link

<https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/GCSE-physical-education-2016-specification.pdf>

### Home Learning Expectations

Students are expected to complete weekly homework which is set via google classroom. Students are also expected to be taking part in regular revision for theory exams.

We also expect PE students to be actively involved in sport outside of the classroom, whether that be representing the College in a sports team, or taking part in regular competitive sport.



### Useful Information

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