

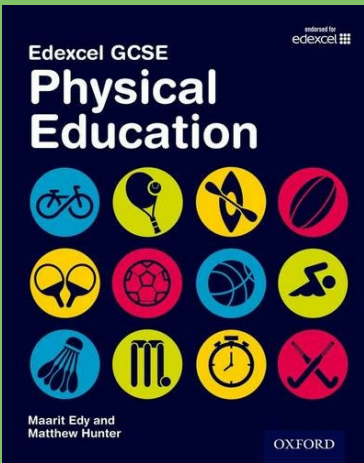
KS4 Guided Options

EDEXCEL GCSE PE



GCSE Physical Education

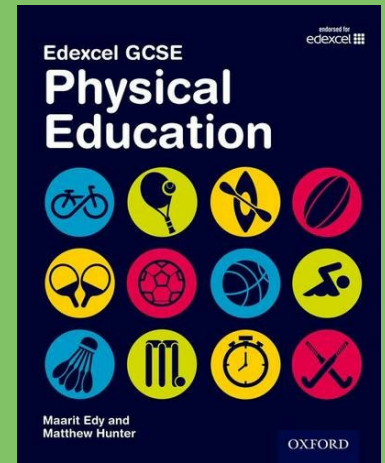




Course Overview

Exam board

Pearson - Edexcel GCSE PE



Edexcel GCSE PE

- An understanding of how physical activities benefit health, fitness and well-being.
- Equipping pupils with knowledge, understanding, skills and values needed to develop and maintain performance.



Structure

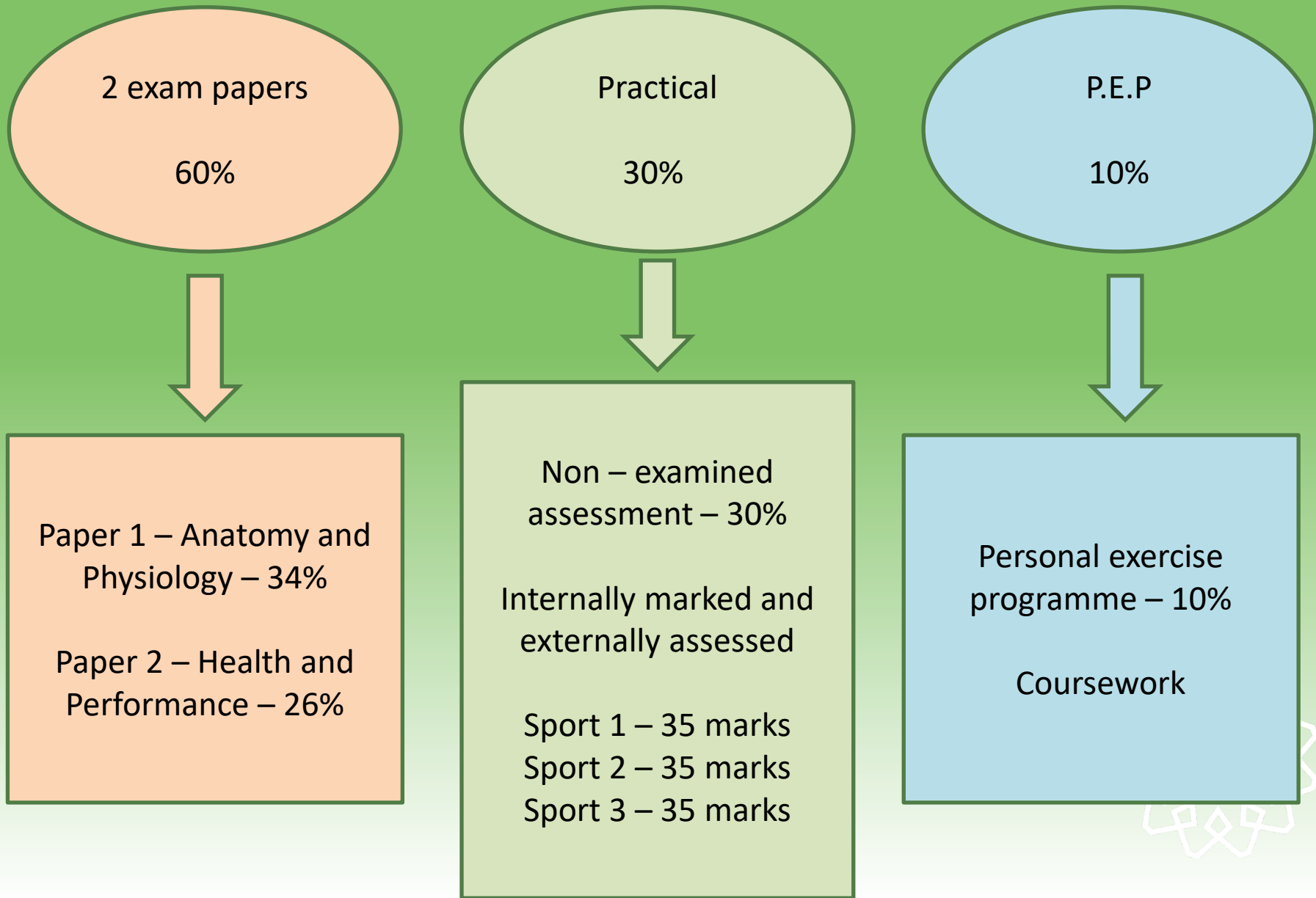
Students are assessed through exams, practical and coursework.

Delivered through theory and practical.

Year 10= 5 lessons per fortnight. 4 classroom based and 1 practical.

Year 11= 5 lessons per fortnight. 4 classroom based and 1 practical.

Assessments



What will you learn?

YEAR 1

Physical training



- Components of fitness
- Methods of training
- Principles of Training
- Health
- Fitness
- Exercise
- Interpretation of data

Health, fitness and well – being



- How physical activity can impact health
- Sedentary lifestyle
- Diet and nutrition
- Hydration

Sport psychology



- Classification of sports
- Types of practice
- Types of feedback
- Types of guidance
- Goal setting
- SMART Targets

What will you learn?

YEAR 2

Anatomy and physiology



- Functions of the skeleton
- Classification of bones
- Musculo-skeletal system
- Role of ligaments and tendons
- Classification and characteristics of muscles
- Muscles in physical activity

Movement analysis



- Planes and axis
- Lever system
- Range of movements
- Linking of lever systems to sporting activities
- Mechanical advantage and disadvantage

Socio-cultural influences



- What affects participation
- Interpretation of data
- Commercialisation and the media in sport
- Sporting trends
- Sporting behaviour

Practical – Sports that you can use

Team sports

Gymnastics
Football
Badminton
Basketball
Cricket
Dance
Field hockey
Figure skating
Futsal
Handball
Ice Hockey
Roller hockey
Lacrosse
Netball
Rowing
Rugby League
Rugby Union
Squash
Table Tennis
Tennis
Volleyball
Water Polo

You must do 3 separate sports - you cannot do the same sport individually and as a team.

You must do 2 team and 1 individual

Or

2 individual and 1 team

This will all depend on the strengths of you as a sportsperson

Individual sports

Amateur boxing
Athletics
Badminton
Boxing
Canoeing
Climbing
Dance Diving
Figure skating
Gymnastics
Hockey
Judo
Lacrosse
Mountain Biking
Mountain Climbing
Rowing
Snowboarding
Squash
Swimming
Table Tennis
Tennis
Trampolining
Windsurfing

Next steps...

GCSE PE

College

- Level 3 BTEC Sport
- A – Level PE

University

Sports coaching
Sports Science
Sports Development

Careers in sport

- Athlete
- Sports coach
- Activity instructor
- Sports Development Officer
 - PE teacher
 - Sports lawyer
- Sports physiotherapist
 - Sports therapist
- Sports announcer

Careers in sport

- Leisure centre manager
 - Sports journalist
 - Sports marketing
- Sports social media
- Sports communications
 - Sports lawyer
 - Referee
 - Sports agent
- Sports statistician
- Sports event coordinator
 - Sports marketing

What do I require to be successful...

Students must maintain high standards at all times.

Arrive on time, 100% effort and meet deadlines.

Requirements

- Good understanding in Science and English- OTF a 5 or above.
- Participate in at least 1 sport at a good standard outside of school.
 - A willingness to attend extra-curricular clubs and activities to develop skills.