

# GCSE PE

## September 2025



## Course Breakdown

<b>Theory</b> (2 exams) 36% Exam 1 24% Exam 2	<b>Practical Sports</b> (10% for each sport)	<b>Controlled assessments</b> (10% PEP Course work)
60%	30%	10%
<b>100% in Total</b>		



## How much theory and Practical for GCSE PE and BTEC

**Year 10**

3 Hours in Total

1 Hour Practical  
2 Hour Theory

**Year 11**

3 Hours in Total

1 Hour Practical  
2 Hours Theory



## Theory Themes – 3 sections per Exam paper

<b>Exam 1 Topics – 36% of Course (80 marks)</b>	<b>Exam 2 Topics – 24% of Course (60 marks)</b>
<p><b>Section A: Anatomy and Physiology</b></p> <p><b>Section B: Physical training</b></p> <p><b>Section C: One extended exam question</b></p>	<p><b>Section A: Health fitness and Wellbeing</b></p> <p><b>Section B: Sports Psychology and Socio-cultural influences</b></p> <p><b>Section C: One extended response from section B topic; Sports Psychology and Socio-cultural influences</b></p>



## Extended writing Changes 2022

Students now only have 1 x 9 marker per exam.

Component 1 – Fitness Training

Component 2 – Sport Psychology and Social Cultural Influences.

**(Both papers are now shorter in time and reduced marks available)**



## GCSE PE Coursework

- A personal exercises training programme worth 10%.
- For one of your sports, you need to:
- **Analysis** your performance and collect data.
- **Plan and carry** out 6 weeks of training
- **Collect results and Evaluate** the success of your training programme.



## GCSE PE Practical Sports

- **Three** Sports in total worth 10% each.
- **Two** Team and **One** Individual

Or

- **Two** Individual and **One** Team
- (Table tennis, tennis, Squash and badminton not allowed to be used in both team and individual)
- **Diverse sports** will be required to be video recorded such as Skiing, golf, kayaking etc.



## How to video sports

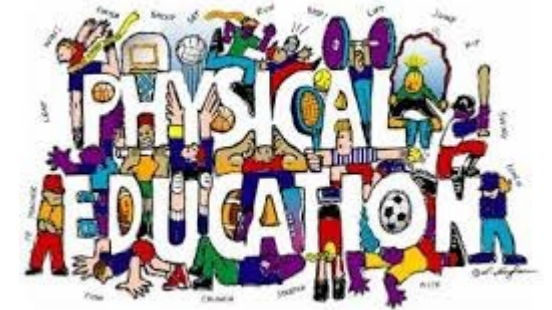
- Get organised
- Get help and the specification from your teacher
- Try and film in your sporting season (Tennis in the summer season)
- If you are an elite team performer you can video to show yourself in a better light (Drills and Games)





What some of our Year 11's GCSE PE students have said.





# Pearson BTEC Tech award in Sport level 1/2

## September 2025



## Equivalent to a GCSE qualification

Level / Qualification Grade	Grade Equivalent
Level 2 / Distinction*	8.5
Level 2 / Distinction	7
Level 2 / Merit	5.5
Level 2 / Pass	4
Level 1 / Distinction	3
Level 1 / Merit	2
Level 1 / Pass	1.25



## Course Breakdown for BTEC

<b>Component 1</b> 3 task Pearson set assignments, with 5hrs of supervision	<b>Component 2</b> 4 tasks Pearson set assignment, with 4hrs of supervision	<b>Component 3</b> External exam 1hr 30mins
30% (60marks)	30% (60marks)	40% (60marks)
<b>100% in Total</b>		



## Break down of the course

### Year 10

#### **Component 1**

Range of team, individual, fitness, outdoor & adventurous activities.

Benefits and barriers to participation.

Research equipment & technology in sport.

Planning & leading warm-up (video evidence)

#### **Component 2**

Components of Fitness.

Role of officials in Sport.

Practical Performance (Skills & competitive video evidence)

Planning and leading a coaching session (video evidence)

### Year 11

#### **Component 3 (Theory & Practical)**

Components of Fitness

Methods of Training

Fitness Testing

Body systems (Skeletal/  
muscular/cardiovascular)

Target Setting

Types of Motivation

Exam preparation & revision



## Theory Themes – Component 3

Exam paper 1hr 30 mins (60 marks)

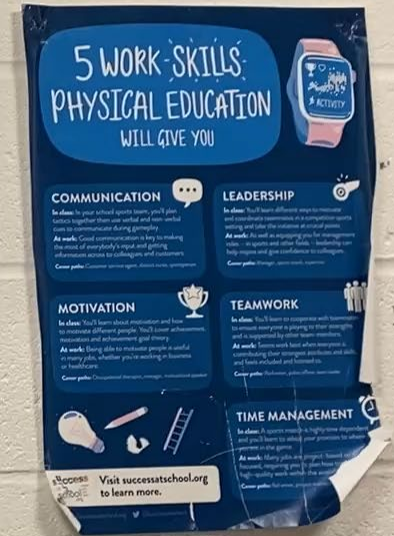
### **Exploring the importance of fitness for sport**

#### Topics

- Components of fitness
- Principles of training
- Exercises intensity
- Investigating fitness testing
- Investigating different training methods



## What some of our Year 11's BTEC students have said.





## BTEC Sport vs GCSE PE Comparisons

### **BTEC Sport**

### **GCSE PE**

Practical elements involve leadership, coaching, officiating and performance.

Emphasis on practical ability and performance.

Theory – Similar in terms of difficulty, more content to learn in GCSE PE. (Gap has closed)

1 Exam – 40% of Course

2 Exams – 60% of course

Pathways - Both are recognised by Colleges and Further Education as level 3 qualifications.





## Starting the GCSE PE and BTEC

- 1 – Have a love and passion for all sport.
- 2 - Practical – Students need to have **at least** one sport they perform in or outside of school.
- 3 – Organisation – Bring full PE kit to all practical lessons.
- 4 – Resilience – Doing fitness tests and training, learning challenging content and diverse sports not performed before.
- 5 – Complete all HW's
- 6 – Video footage – Be proactive in getting video footage for the course.
- 7- Prepared for an academically and physical challenging course.



**The Castle School**

ACHIEVE | BELONG | PARTICIPATE

Any  
Questions