

GCSE PE

September 2024



Course Breakdown

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



How much theory and Practical

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

Exam 1 Topics – 36% of Course (80 marks)	Exam 2 Topics – 24% of Course (60 marks)
<p data-bbox="69 525 710 654">Section A: Anatomy and Physiology</p> <p data-bbox="69 753 784 811">Section B: Physical training</p> <p data-bbox="69 911 880 1039">Section C: One extended exam question</p>	<p data-bbox="935 525 1707 654">Section A: Health fitness and Wellbeing</p> <p data-bbox="935 753 1707 882">Section B: Sports Psychology and Socio-cultural influences</p> <p data-bbox="935 982 1746 1268">Section C: One extended response from section B topic; Sports Psychology and Socio-cultural influences</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)

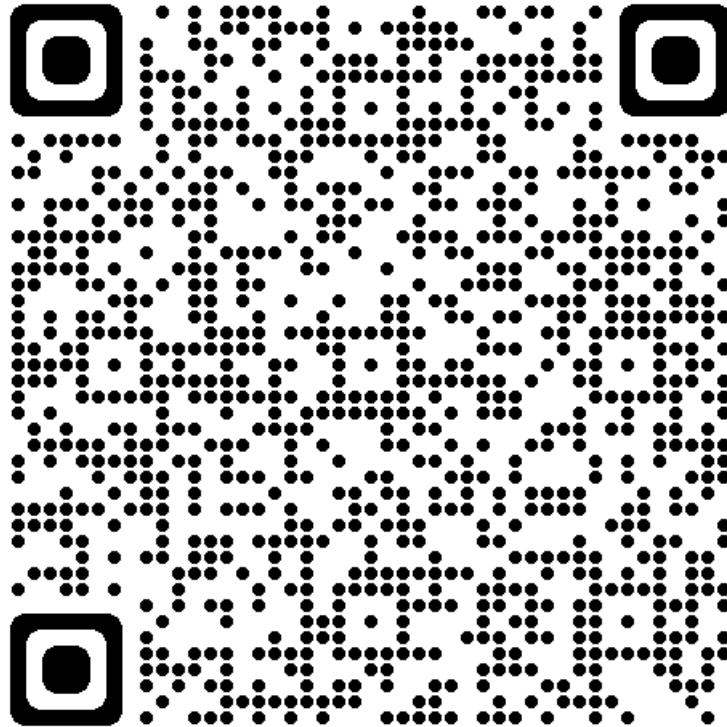


The Castle School

ACHIEVE | BELONG | PARTICIPATE

Link for GCSE PE course on edexcel website.

Recommend you take a picture of this QR link.





Tip for starting GCSE PE

1 - Participating in all 3 of your sports either in or out of school to improve practical ability. If you are unsure on a sport, speak to your teacher about enrichment.

2 - Purchase a GCSE PE revision guide for £5 to help in lessons and with HW. Each student get a knowledge organiser for each unit from school.

3 – When interventions start, please attend
Students last year achieved over half a grade
Higher **(+0.6)** when going to revision either
Before school/afterschool – Start in Yr 11

4 – Complete all HW's (Purposeful to Recall content)

