

Edexcel GCSE PE (9-1)

Content and Assessment overview

Edexcel GCSE (9-1) in Physical Education consists of;

Component	Content	Exam	%	Marks
1	Fitness & body systems	Written - external 1hr 45min	36	90
2	Health & performance	Written - external 1hr 15min	24	70
3	Practical performance two sports/activities	Internal assessment (externally moderated)	30	105
4	PEP (personal exercise programme)	Internal assessment (externally moderated)	10	20

<u>Component 1: Fitness and Body Systems</u>	<u>Component 2: Health and Performance</u>
<u>Content overview</u> <ul style="list-style-type: none">• Topic 1: Applied anatomy and physiology• Topic 2: Movement analysis• Topic 3: Physical training• Topic 4: Use of data	<u>Content overview</u> <ul style="list-style-type: none">• Topic 1: Health, fitness and well-being• Topic 2: Sport psychology• Topic 3: Socio-cultural influences• Topic 4: Use of data

Both exams consist of multiple-choice, short-answer, and extended writing questions. Students must answer all questions. Calculators can be used in the exams.

Component 3: Practical Performance

- All students are assessed in two sports. The two sports can be two team sports, two individual sports or one of each.
- You can be assessed in activities that you were playing competitively before lockdown occurred as long as there is sufficient evidence to prove your final mark.
- You MUST gain video footage for both your sports. This must cover isolated skills, conditioned practices and competitive game situations. You can access the assessment grids for all the practical sports via <https://qualifications.pearson.com> the teachers will work through these with you in practical lessons (see separate sheet for filming guidelines & advice) Your teacher will share some good examples with you so you know what is expected.

Component 4: Personal Exercise Programme (PEP)

You need to make sure your PEP is complete. You will be given lesson time in the spring term to finish this controlled assessment.

Home learning

You must complete all of your home learning. One piece of home learning will be FAR marked every 6 lessons where students will receive full written feedback, an action to improve, and it is their responsibility to ensure this action is done before the next lesson. Students are expected to do revision in addition to home learning tasks.

Intervention

Practical Intervention has already started for some students. We will be covering a range of activities in lessons and after school to make sure all students achieve the best possible scores in their two assessed sports. The next two activities after school will be Netball and Basketball. We will be providing theory intervention after the PPEs.

Resources

Students have previously had the opportunity to buy a revision guide and workbook to support them and these will be available again. Keep up to date on the Southam College Facebook page and Twitter feed for up to date revision resources posted on the Y11 Blog.

Useful Revision Sources

1. Revision Guide and Revision Work book -
2. Component 1 and Component 2 Revision Booklet
3. Knowledge Organisers
4. Past Exam papers and questions -<https://qualifications.pearson.com/en/support/support-topics/exams/past-papers.html>
5. Seneca Learning
6. GCSE Bitesize
7. Teachpe.com

PPE

It is really important to revise thoroughly for the PPEs. They will indicate how much progress you have made.

PPE Guidance

1. Complete a structured revision programme so you can prepare for all your PPE's efficiently.
2. Practice as many exam questions as possible leading up to the exam.
3. Treat this as the final Summer Exam so you can achieve the best possible grade.
4. When in the exam -
 - Write down any revision tips straight away for example the components of fitness; ways to remember planes and axes.
 - Read the questions carefully and underline the key words and any information that the question is asking you to consider.
 - Write in continuous prose but do not waffle.
 - How many marks is the question worth? Have you made enough points?

Support

We are always available in person in the PE department, in lessons, at intervention or online to help, you just need to ask.

Exam tips

- Look at how many marks each question is worth.
- Look at the keywords, identify, describe, explain, evaluate and analyse (A01, A02, A03)
- Always refer to the sporting example given in the question in your answer.
- Answer all the questions, even if you have to have an educated guess.
- You might be able to use some of the multiple choice answers further in the paper.
- Read and interpret the question carefully.
- Use all the time you have available.

- Write down your exam revision tips straight away in which you have used to remember certain theory topics, for example Planes and Axes/Components of fitness.