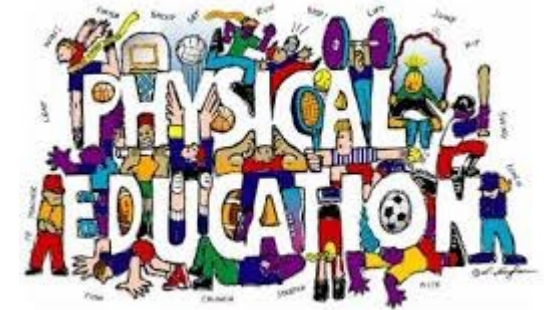




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GCSE PE Course

September 2023



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		



Theory Themes

Exam 1 Topics – 36% of Course	Exam 2 Topics – 24% of Course
Muscular System Skeletal System Cardiovascular System Respiratory System Lever Systems Planes and Axes Fitness and Health Components of Fitness Injury Prevention Performance enhancing drugs Warm ups and cool downs	Diet Sport Psychology Health Commercialisation Feedback Guidance Goal Setting Skill classifications Mental Rehearsal Social economic groups Sporting behaviour



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



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.



Link for GCSE PE course on edexcel website.

Recommend you take a picture of this link.

<https://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education-2016.html>



Enrichment Opportunities

Rugby Club – Wednesday afterschool

Hockey Club – Tuesday afterschool

Table Tennis Club – Tuesday afterschool

Badminton – Tuesday/Thursday AM and Friday lunch

Basketball – Thursday lunch

Cross Country – Thursday afterschool

Trampolining – Friday afterschool

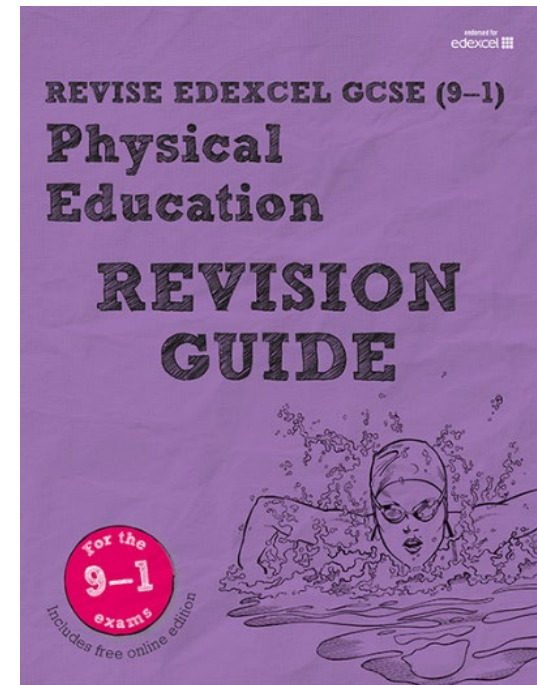


Tips for starting GCSE PE

1 - Participating in both team and individual sports either in or out of school to improve practical ability.

2 - Purchase a GCSE PE revision guide £5

3 – Complete HW on time.





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Any
Questions