

Y10 GCSE PE Short Course

Written examination:

Paper 1 - 1hr 30mins 60% of the qualification (80 marks)

<u>Term 1</u> <u>Anatomy and Physiology</u>	<u>Term 2</u> <u>Health, Fitness and Well-being</u>	<u>Term 3</u> <u>Movement Analysis</u>
<ul style="list-style-type: none">• The Skeletal System• The Muscular System• The Cardiovascular System• The Respiratory System• Aerobic and Anaerobic Exercise• Short-Term Effects of Exercise• Long-Term Effects of Exercise	<ul style="list-style-type: none">• Health, Fitness and Well-being• Lifestyle Choices• Sedentary Lifestyle• Diet and Nutrition• Diet, Nutrition and Performance• Optimum Weight	<ul style="list-style-type: none">• Lever Systems• Planes and Axes of Movement

Practical assessment: internally marked and externally moderated

40% of the qualification (25 marks)

The assessment consists of students completing **two** physical activities from a set list.

- One must be a **team** activity.
- One must be an **individual** activity

Y11 GCSE PE Full Course

Written examination:

Paper 1 - 1hr 45mins 36% of the qualification (90 marks)

Paper 2 - 1hr 15mins 24% of the qualification (70 marks)

The two exams for Y11 assess the content learned in both Y10 and Y11.

<u>Term 1</u> <u>Physical Training</u>	<u>Term 2</u> <u>Sport Psychology</u>	<u>Term 3</u> <u>Sport, Society and Culture</u>
<ul style="list-style-type: none">• Health and Fitness• Components of Fitness• Fitness Testing• Principles of Training• Training Target Zones• Training Methods• Preventing Injuries• Injuries and Treatment• Performance-Enhancing Drugs	<ul style="list-style-type: none">• Skills and Practice• Goal Setting• Guidance and Feedback	<ul style="list-style-type: none">• Influences on Participation• Commercialisation of Sport• Sporting Behaviour

Practical assessment: internally marked and externally moderated 30% of the qualification (105 marks)

The assessment consists of students completing **three** physical activities from a set list.

- One must be a **team** activity.
- One must be an **individual** activity
- The final activity can be a **free** choice

Performance Exercise Programme (PEP): Internally marked and externally moderated
10% of the qualification (20 marks)

The assessment consists of students producing a Personal Exercise Programme (PEP), and will require students to analyse and evaluate their performance. These will be assessed by the teacher and moderated by the exam board.