

Subject:	GCSE Physical Education (PE)
Exam board:	Pearson Edexcel
Specification:	<a href="https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/GCSE-physical-education-2016-specification.pdf">https://qualifications.pearson.com/content/dam/pdf/GCSE/Physical%20Education/2016/Specification%20and%20sample%20assessments/GCSE-physical-education-2016-specification.pdf</a>
How students will be assessed:	<p>Component 1 exam will cover the following topics; musculoskeletal and cardiorespiratory systems, aerobic and anaerobic respiration and short / long term effects of exercise on each body system. Movement analysis; planes / axis and lever systems. Physical training; components of fitness, methods of training, fitness tests, principles of training. There will be a range of questions, including; multiple choice, short answer and extended answer (9 mark).</p> <p>Component 2 exam will cover the following topics; physical, social and emotional health, consequences of a sedentary lifestyle, energy use (diet and nutrition), classification of skills and SMART targets. Sport psychology; mental preparation, classification of skills, guidance and feedback. Socio-cultural influences; influences on participation, commercialisation and sporting behaviours. The range of questions will be exactly the same as in component 1.</p>
Recommended revision guide:	<a href="https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson">https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.resources.html?filterQuery=category:Pearson-UK:Publisher%2FPearson</a>
Other useful links:	<p>GCSE Pod - <a href="https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1011">https://members.gcsepod.com/content?subject_id=6022&amp;exam_board_id=1011</a></p> <p>BBC Bitesize – <a href="https://www.bbc.co.uk/bitesize/examspecs/zxbg39q">https://www.bbc.co.uk/bitesize/examspecs/zxbg39q</a></p> <p>Revision World – <a href="https://revisionworld.com/gcse-revision/pe-physical-education">https://revisionworld.com/gcse-revision/pe-physical-education</a></p> <p>Oak National - <a href="https://www.thenational.academy/teachers/programmes/physical-education-secondary-ks4-gcse-edexcel/units">https://www.thenational.academy/teachers/programmes/physical-education-secondary-ks4-gcse-edexcel/units</a></p>
Date of assessment	4 <sup>th</sup> June in class