

GCSE (9-1) Physical Education

AQA

Students will receive a well-rounded and full introduction to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.

It is important that the students understand the percentage of theory during this course, the written exams are worth 60% of the course outcome; please see below for an accurate breakdown



Component	Assessment	Content overview
Paper 1: Fitness and Body Systems		'Y' Topic 1: Applied anatomy and physiology 'Y' Topic 2: Movement analysis 'Y' Topic 3: Physical training 'Y' Topic 4: Use of data
Paper 2: Socio-cultural influences and well-being		 'Y' Topic 1: Health, fitness and wellbeing 'Y' Topic 2: Sport psychology 'Y' Topic 3: Socio-cultural influences 'Y' Topic 4: Use of data
Non-exam assessment: Practical Performance	 Non-examined assessment: internally marked and externally moderated ⇒ 40% of the qualification 100 marks, 	 'Y' One team activity, one individual activity and a free choice from the list published by the DfE 'Y' Skills in isolation 'Y' Skills in a competitive/ formal situation

Component 4:

Personal Exercise Programme (PEP)

- Non-examined assessment: internally marked and externally moderated
- \Rightarrow 10% of the qualification
- 20 marks

- Y Aim and planning analysis
- Y Carrying out and monitoring the PEP
- Y Evaluation of the PEP

Mr Protheroe - Head of Physical Education