

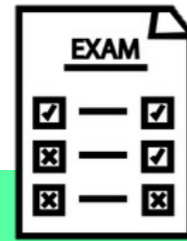
Christ the King Catholic Voluntary Academy



To promote a **healthy active lifestyle** through **physical activities** that encourages **lifelong participation**.

GCSE PE Edexcel Curriculum Map

A Level PE



Examination

There are two papers for GCSE PE., both of which are one hour written. Paper 1 covers Applied Anatomy & Physiology and Physical Training. Paper 2 covers Socio-Cultural Influences, Sports Psychology & Health, Fitness & Well-Being.



Short/Long Term Effects of Exercise

Learners will develop knowledge of the short and long-term effects of exercise on the body systems, and how these effects can impact on physical fitness and performance.

Sport Psychology

Learners will understand the psychological factors that can affect performers. Learners will also develop knowledge of the characteristics and classification of skilful movements, along with goal setting, guidance and feedback, and mental preparation.



Commercialisation

Learners will develop an understanding of commercialisation in sport, along with the positive/negative influences of media on participation and performances in sport.



Year 11

Physical Activity & Participation

Learners will develop their knowledge and understanding of current participation trends, factors affecting participation and



Ethical & Socio-Cultural Issues

Learners will understand the ethics in sport including sportsmanship, gamesmanship and deviance. The effects of drugs in sport and why performers take them will be understood along with reasons for player violence.



Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems, bones, muscles and movement planes that are important to physical activity.



Year 10

Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.



Diet & Nutrition

Learners will develop an understanding of the main components of a balanced diet, including the effects of these components and hydration on performers.



Year 9

Health, Fitness & Well-Being

Learners will understand the benefits of participating in physical activity to health, fitness and well-being. Learners will know about the physical, emotional and social benefits as well as the consequences of a sedentary lifestyle.



GCSE Physical Education Breakdown

Examination – 2 papers
(Component 1 = 36%
Component 2 = 24%)

Practical Assessment (30%)

For GCSE PE, you will need to select THREE sports, with a maximum of two from either the Individual or Team category.

You will need to keep a competitive logbook of all the events that you do within your chosen sports. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

Analyse & Evaluate Performance (10%)

For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate their own performance.

Learners will need to include:

- Analyse aspects of personal performance in a practical activity.
- Evaluate the strengths and weaknesses of the performance.
- Produce an action plan which aims to improve the quality and effectiveness of the performance.

Your GCSE Physical Education Journey starts here ...