PHYSICAL EDUCATION AS AN OPTION
PHYSICAL EDUCATION

In Key Stage 4, students opting for Physical Education will be placed on one of 2 pathways.
The Pathways....

1. GCSE PE (Edexcel)

2. Cambridge National Level 2 Sport (OCR)
Which one will I do?

The PE department will decide on the most suitable pathway for each individual student based on their practical performance in PE and extra-curricular sport up to the end of year 8 and their academic performance in key subject areas.
PATHWAY 1

GCSE PE
Pathway 1 - GCSE PE

The GCSE is divided into 2 main units:

- **Components 1 & 2 – The Theory of Physical Education**
  60% of overall grade

- **Component 3 – Performance in Physical Education**
  30% of overall grade

- **Coursework – Personal Exercise Programme**
  10% of overall grade
### Pathway 1 - GCSE PE

<table>
<thead>
<tr>
<th>Content Overview</th>
<th>Assessment Overview</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Applied anatomy and physiology</strong></td>
<td>Physical factors affecting performance</td>
</tr>
</tbody>
</table>
| Physical training                                         | (01)  
60 marks                                               |
|                                                            | 1 hour                                                  |
|                                                            | written paper                                            |
| **Socio-cultural influences**                              | Socio-cultural issues and sports psychology              |
| Sports psychology                                          | (02)  
60 marks                                               |
| Health, fitness and well-being                            | 1 hour                                                  |
|                                                            | written paper                                            |
| **Practical activity assessment**                          | Performance in physical education                        |
| Analysing and Evaluating Performance (AEP)                 | (03)*  
80 marks                                                |
|                                                            | non-exam assessment (NEA)                                |
|                                                            | 40% of total GCSE                                        |

30% of total GCSE

30% of total GCSE

40% of total GCSE
Components 1 & 2 – The Theory of Physical Education
Component 1 & 2 – The Theory of Physical Education

• This components are externally assessed by way of 2 external examinations.

• In this unit students will study different aspects of Physical Education which include:

  • Component 1 – Applied Anatomy & Physiology Physical Training
  • Component 2 – Socio- Cultural Influences, Sports Psychology Health, Fitness and Well Being

• The exams are 1 hour 30mins in length and are marked out of 80.

• This element makes up 60% of the overall grade.
Component 3 – Performance in Physical Education

“Our greatest glory is not in never falling, but in rising every time we fall.” - Confucius
Component 3 – Performance in Physical Education

• This unit is internally assessed and externally moderated.

• In this unit students must Perform to a high standard in 3 different sports.

• They will also be asked to Analyse Performance.

• They will also produce a Personal Exercise Programme as part of this unit.

• This element makes up 30% of the overall grade.
Component 4 – Synoptic Assessment

- Students will write an internally assessed and monitored synoptic assessment bringing together their knowledge and understanding of all components of the course.

- This will make up 10% of the overall grade.
PATHWAY 2

CAMBRIDGE NATIONAL IN SPORT SCIENCE

Or

NCFE Level 2 Health and Fitness
Pathway 2 - CAMBRIDGE NATIONAL IN SPORT SCIENCE

• On this course you will carry out a range of tasks that have been designed to recognise your achievement in a modern, practical way that is relevant to the workplace.

• This is a work related qualification which will support progression to an NVQ once a candidate is in the workplace, or progression to the Level 3 in the 6th form.
CAMBRIDGE NATIONAL IN SPORT SCIENCE

Students on this course will study and be assessed in the following units:

• Reducing the risk of sport injuries
• Applying principles of training
• The body’s response to physical activity
• Sport psychology
The Reducing the risk of sport injuries unit will be assessed by a written external examination which will account for 25% of the final grade.

The rest of the course is assessed by coursework and controlled assessments.
## NCFE HEALTH AND FITNESS

<table>
<thead>
<tr>
<th>Unit number and title</th>
<th>Mandatory/Optional</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit 01 Principles of health and fitness</td>
<td>Mandatory</td>
<td>Internally assessed portfolio of evidence</td>
</tr>
<tr>
<td>Unit 02 Healthy lifestyles</td>
<td>Mandatory</td>
<td>Internally assessed portfolio of evidence</td>
</tr>
<tr>
<td>Unit 03 Preparing and planning for health and fitness</td>
<td>Mandatory</td>
<td>Externally set and marked assessment paper</td>
</tr>
<tr>
<td>Unit 04 Develop a personal health and fitness programme</td>
<td>Mandatory</td>
<td>Internally assessed portfolio of evidence</td>
</tr>
</tbody>
</table>
NCFE HEALTH AND FITNESS

The Preparing and Planning for Health and Fitness unit will be assessed by a written external examination which will account for 25% of the final grade.

The rest of the course is assessed by coursework and controlled assessments.