

Physical Education

What will I learn?

Components 1 & 2:

Both units are externally assessed through TWO written examination papers:

- Fitness and body systems.
- Health and performance.

This will contribute a maximum of 60% towards your total marks.

Component 3:

The assessment consists of students completing THREE practical activities from a set list:

- A team activity.
- An individual activity.
- The third activity can be either team or individual.

This will contribute to 30% towards the total mark.

Component 4:

- The assessment consists of students completing a personal exercise programme (PEP).

This will contribute to 10% towards the total mark.

What skills do I need?

- You will need to enjoy participating in a variety of sports.
- You will need to be enthusiastic and be prepared to work hard.
- You will need to participate in sport regularly (in and out of school).
- You will need to work towards being a competent performer in THREE different sports (1 x individual, 1 x team, 1 x choice).
- You will need to be able to analyse and improve performance for your independent PEP coursework.
- You must be prepared to work hard at school and at home on the theoretical aspects of the course.

Assessment

Examination

- Component 1: Fitness and body systems | 1 hour 30 mins | 36%
- Component 2: Health and performance | 1 hour 15 mins | 24%

Non-examined assessment

- Component 3: Practical performance | 30%
- Component 4: Personal exercise programme | 10%

Could lead to:

The course will help you develop your confidence, self-esteem and team building skills. It will help you to understand activities in more detail and how to stay fit and healthy. The course provides a good base for A-level physical education and BTEC sport.