



## Edexcel GCSE PE - Frequently Asked Questions

### What is the breakdown of theory and practical on the course?

The course is broken down into four components:

<b>Component 1</b>	<b>Theory: Fitness and Body Systems</b>	<b>36%</b>
<b>Component 2</b>	<b>Theory: Health and Performance</b>	<b>24%</b>
<b>Component 3</b>	<b>Practical: Three sports (2 individual/1 team or 2 team/1 individual from the specification list)</b>	<b>30%</b>
<b>Component 4</b>	<b>Coursework: Personal Exercise Plan (theoretical written piece of work)</b>	<b>10%</b>

### Which sports are on the specification?

Team Sports		Individual Sports	
Acrobatic Gymnastics	Association Football	Amateur Boxing	Athletics
Basketball	Cricket	BMX Cycling	Canoeing
Hurling	Field Hockey	Track Cycling	Road Cycling
Figure Skating	Futsal	Diving	Figure Skating
Gaelic Football	Handball	Golf	Gymnastics
Ice Hockey	Roller Hockey	Equestrian	Kayaking
Lacrosse	Netball	Rock Climbing	Sailing
Rowing	Rugby League	Sculling	Skiing
Rugby Union	Volleyball	Snowboarding	Swimming
Water Polo		Trampolining	Windsurfing



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Sports that could be used as a Team or Individual Activity			
Badminton	Dance	Figure Skating	Sailing
Sculling	Squash	Table Tennis	Tennis

### How is practical assessed?

Each activity is scored out of 35 marks. A score out of 10 marks will be awarded for the isolated skills and a score out of 25 will be awarded for the competitive performance. For each activity area, there is a specific criterion that details the requirements.

### Can students be assessed in sports that they take part in outside of school?

Yes, as long as the activity is on the specification, it can be assessed. The students will need to provide video evidence in order for the assessment to be completed. Further details about what will need to be videoed will be given to the students when they begin the GCSE course.

### How can my child increase their practical score?

There are a number of ways that a student can work in order to try and improve their score in different sports and activities. Firstly, GCSE PE lesson time is allocated to learning and applying skills in a range of activities through the two years. Core PE lessons can also be used as many of these sports are also those permitted on the GCSE course. Attending ECA activities, practices and fixtures is crucial for increasing exposure time and also allows a greater degree of competition, against other schools. In addition, we recommend that students are participating in at least one of their preferred sports outside of school.

### How many theory and practical lessons do GCSE PE students have?




Each student will have two theory lessons and one practical lesson for GCSE PE. This is in addition to the Core PE lessons that they will be timetabled for.

### What does the coursework entail?

This is a Personal Exercise Plan (PEP) where each student identifies a component of fitness that needs improving in a sport of their choice. They then use the theory that they have been taught to create a training programme that aims to improve their performance before evaluating it. Dedicated lesson time will be allocated to prepare students to be able to complete the work.



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JUMEIRAH COLLEGE

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### What is the format of the final exams?

The theory components make up 60% of the course and are assessed through external examinations. There is no higher/foundation option.

Component	Time	Number of marks	% of course
1	1 hour 45 mins	90	36%
2	1 hour 15 mins	70	24%

### What is your success rate?

Year	Level 4-9	Level 7-9
2018	100%	55%
2019	100%	82%
2020	100%	72%

### What careers can the course lead to?

There are a wide range of careers and higher education courses that GCSE PE would complement, and these include:

- Teaching
- Sports Coaching
- Personal Training
- Physiotherapist
- Sports Psychologist
- Sports Nutritionist
- Sports Technology Development
- Sports Medicine Research
- Movement Analyst

Yours sincerely,

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