

GCSE Physical Education



Why Should I Study GCSE PE?

- You have a passion for sport and want to explore it further.
- You participate in sport outside of school and attend extra curricular clubs within school.
- You want to explore the theoretical component of physical education.



What Will I Study?

In theory :

- *Anatomy and Physiology.*
- *Exercise Physiology.*
- *Movement Analysis.*
- *Physical Training.*
- *Sport Psychology.*
- *Diet.*
- *Performance Enhancing Drugs.*
- *Socio- Cultural Influences.*

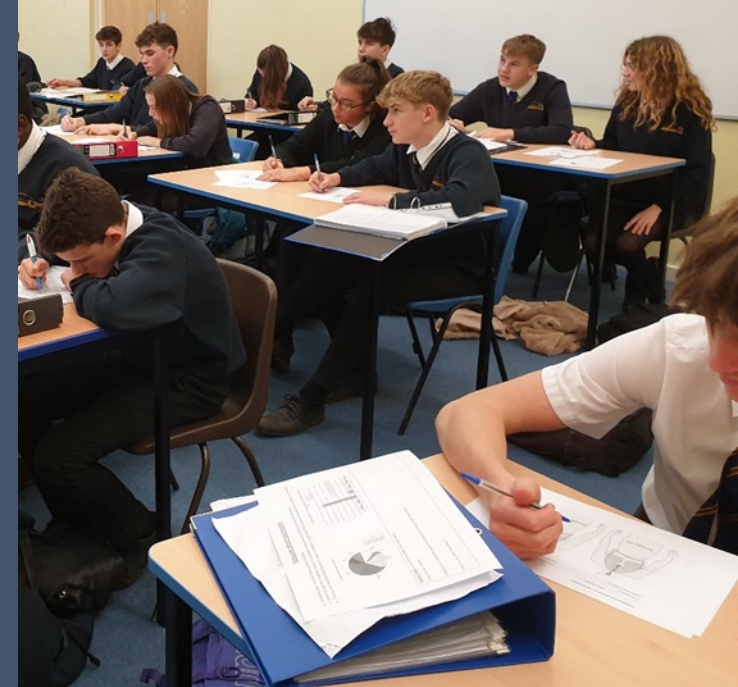
In Practical:

- *Climbing*
- *Fitness*
- *Rugby*
- *Hockey*
- *Netball*
- *Athletics*
- *Handball*
- *Trampolining*



What Will PE Lessons Be Like?

- 3 theory lessons and 2 practical lessons a week.
- Theory will be delivered via one double lesson and one single lesson per week.
- Practical covers a range of sports, where students will be assessed.



Please check the examination details below before entering your candidate information

Card-date surname Of r' name

Pearson Edexcel
Level 1/Level 2 GCSE (9-1)

Wednesday 13 May 2020

Afternoon (Time: 1 hour 45 minutes) Paper Reference **1PE0/01**

Physical Education
Component 1: Fitness and Body Systems

You do not need any other materials.

Total Marks

Instructions

- Use black ink or ball-point pen.
- Fill in the **boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets – use this as a guide as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

How Will I Be Assessed?

Written exam one: Fitness and Body Systems.
1 hour 45 minutes. 36% of the qualification.

Written exam two: Health and Performance.
1 hour 15 minutes. 24% of the qualification.

Practical Performance: 3 sports: 1 team activity, 1 individual activity and 1 free choice.
30% of the qualification.

Coursework: 6 week personal exercise program.
10% of the qualification

