












Component	Assessment	Content overview
Component 1: Fitness and Body Systems	 Written examination: 1 hour and 45 minutes  36% of the qualification	 Topic 1: Applied anatomy and physiology  Topic 2: Movement analysis  Topic 3: Physical training  Topic 4: Use of data
Component 2: Health and Performance	 Written examination: 1 hour and 15 minutes  24% of the qualification	 Topic 1: Health, fitness and well-being  Topic 2: Sport psychology  Topic 3: Socio-cultural influences  Topic 4: Use of data








Applied Anatomy and Physiology <ul style="list-style-type: none"> Structure and functions of the musculo-skeletal system Structure and functions of the cardio-respiratory system Anaerobic and aerobic exercise Short and long term effects of exercise 	Physical Training <ul style="list-style-type: none"> Relationship between health and fitness, and the role that exercise plays in both Components of fitness, suitability for sport and how fitness is measured and improved Principles of training and applying them to a personal exercise/training programme How to optimise training and prevent injury Effective use of warm up and cool down
Movement Analysis <ul style="list-style-type: none"> Lever systems, examples of their use in activity and the mechanical advantage they provide in movement Planes and axes of movement 	Use of Data <ul style="list-style-type: none"> How data are collected – both qualitative and quantitative Present data (including tables and graphs) Analyse and evaluate data



Sports Psychology <ul style="list-style-type: none"> classification of skills (basic/complex; open/closed) the use of goal setting and SMART targets to improve and/or optimise performance guidance and feedback on performance mental preparation for performance 	Socio-cultural influences <ul style="list-style-type: none"> engagement patterns of different social groups in physical activity and sport commercialisation of physical activity and sport ethical and socio-cultural issues in physical activity and sport
Health, fitness and wellbeing <ul style="list-style-type: none"> physical, emotional and social health, fitness and well-being the consequences of a sedentary lifestyle energy use, diet, nutrition and hydration socio-cultural issues in physical activity and sport 	Use of Data <ul style="list-style-type: none"> demonstrate an understanding of how data are collected – both qualitative and quantitative present data (including tables and graphs) analyse and evaluate data

THEORY – THIS IS MADE UP OF COMPONENTS 1, 2 AND 4.

THIS EQUATES TO 70% OF THE OVERALL GRADE

Component	Assessment	Content overview
Component 4: Personal Exercise Programme (PEP)	Non-examined assessment: Internally marked and externally moderated  10% of the qualification  20 marks	 Aim and planning analysis  Carrying out and monitoring the PEP  Evaluation of the PEP

PRACTICAL – 30% OF THE COURSE IS PRACTICALLY ASSESSED

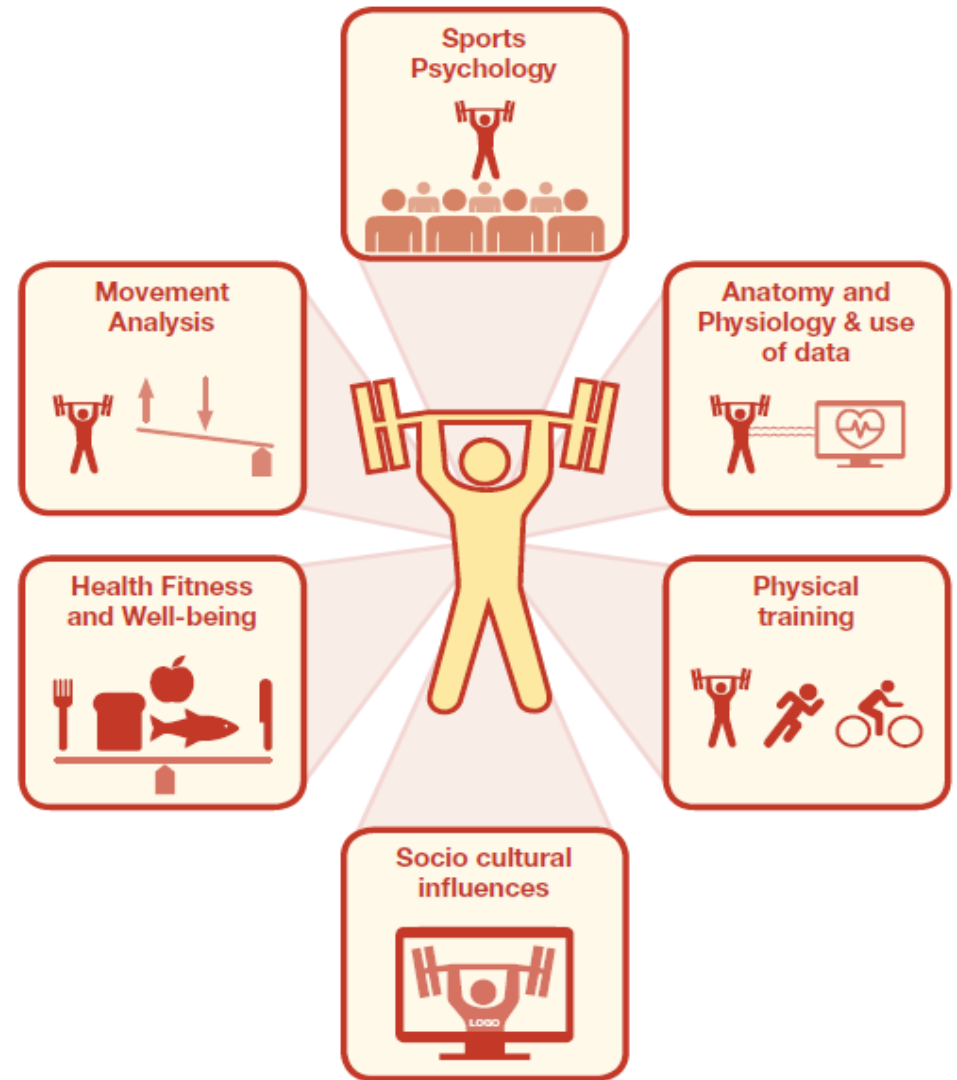
Component	Assessment	Content overview
Component 3: Practical Performance	Non-examined assessment: Internally marked and externally moderated ⚖️ 30% of the qualification ✓ 105 marks, (35 marks per activity)	🏆 One team activity, one individual activity and a free choice from the list published by the DfE 🏃 Skills in Isolation 🏆 Skills in a competitive/ formal situation

STUDENTS WILL NEED TO CHOOSE THREE PRACTICAL ACTIVITIES:

- ONE TEAM ACTIVIITY
- ONE INDIVIDUAL ACTIVITY
- PLUS ONE TEAM OR INDIVIDUAL (YOUR CHOICE)

Team Activity		Individual Activity	
Football	Rowing	Boxing	Kayaking
Basketball	Rugby League	Athletics	Rock Climbing
Badminton	Rugby Union	Badminton	Rowing
Cricket	Squash	Canoeing	Snowboarding
Dance	Table Tennis	Cycling	Squash
Handball	Tennis	Dance	Swimming
Hockey	Volleyball	Diving	Tennis
Lacrosse	Netball	Golf	Table Tennis
		Gymnastics	Trampolining
		Skiing	Horse Riding

GCSE PHYSICAL EDUCATION



QUALIFICATION OVERVIEW