

# William Edwards School GCSE PE Curriculum Journey

## The purpose of the curriculum:

1. To build upon knowledge gained in KS3 on body systems and holistic benefits of physical activity (HEAD, HEART, HAND)
2. To develop skills, knowledge and understanding to prepare for A Level and BTEC National Level 3 courses

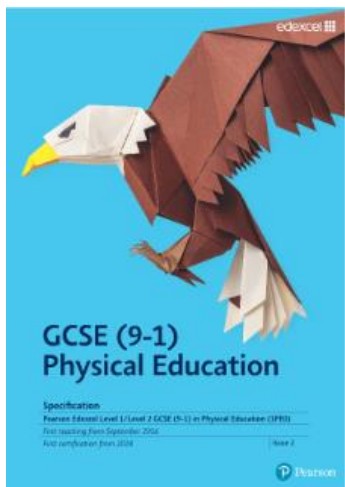
### Component 1: Fitness and Body Systems.

Written examination: 1 hour and 45 minutes 36% of the qualification (90 marks). Content overview:

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

### Assessment overview:

The assessment consists of multiple-choice, short-answer and extended writing questions.



### Pathways to KS5 & beyond:

A Levels (PE) or BTEC Nationals (Sport / Sport + Exercise Science / Sport – Fitness + Personal Training / Sporting Excellence + Performance / Sports Coaching + Development) as preparation for entry into higher education (University Sport based Degree courses), apprenticeships or employment in Sports Sector (coaching, psychology, training, performance analysis, journalism, teaching, promoting physical, mental and social health).

### Component 2: Health and Performance.

Written examination: 1 hour and 15 minutes 24% of the qualification (70 marks). Content overview:

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

### Assessment overview:

The assessment consists of multiple-choice, short-answer and extended writing questions.

Take your sporting enjoyment further by choosing a sport-based examination course to study at Sixth Form.

SIGN ME UP



**Theory Assessment (60%) (2 Written exams)**  
Paper 1 90 Marks including 2 essay style 9 mark Q's.  
Paper 2 75 Marks including 2 essay style 9 mark Q's.

**Topic 4: Use of data** – Students will develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.

End of Unit Test: Topic 4 (Written)

Revision GCSE PE

After finishing the course, time will be spent revisiting all topics, learning revision techniques and examination tips. You will also have the chance to improve on your practical scores.

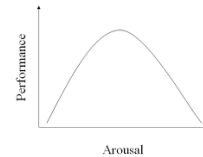


**Practical Assessment (30%)** – For GCSE PE, you will need to select THREE sports with a maximum of two from either the Individual or Team category. Your teacher will assess you in these sports. Any 'off-site' sports will need video evidence.

End of Unit Test: Topic 3 (Written)

**Topic 3: Socio-cultural influences** – Students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society.

**Topic 2: Sport psychology** – Students will develop knowledge and understanding of the psychological factors that can affect performers and their performance in physical activity and sport.



## DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

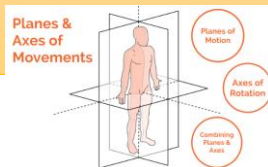
End of Unit Test: Topic 2 (Written)

**Personal Exercise Plan (10%)** – For one of your chosen sports, you will need to create a piece of coursework to demonstrate your ability to analyse and evaluate your own performance. Learners will need to include:

- Analysis of personal performance in a practical activity.
- A six-week fitness plan to improve in identified areas.
- Evaluation of the strengths and weaknesses of the performance.

End of Unit Test: Topic 1 (Written)

**Topic 1: Health, fitness and well-being** – Students will develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and well-being.

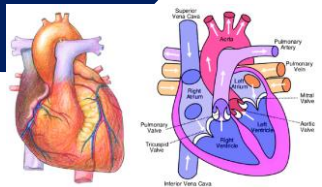


## DEVELOPING SPORTING EXCELLENCE

Year 11 GCSE PE

**Topic 4: Use of data** – Students will develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.

End of Unit Test: Topic 4 (Written)



**Topic 3: Physical training** – Students will develop knowledge and understanding of the principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.

End of Unit Test: Topic 3 (Written)

## CREATING A LOVE FOR PHYSICAL EDUCATION

Year 10 GCSE PE

End of Unit Test: Topic 2 (Written)

**Topic 2: Movement analysis** – Students will develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.



End of Unit Test: Topic 1 (Written)

**Topic 1: Applied anatomy and physiology** – Students will develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.



### Golden Threads from KS3:

**Head:** Knowledge of body systems (Muscles, Bones, CV System, Respiratory System), Effects of exercise on the systems.  
**Heart:** Understanding of importance of exercise on health, teamwork, respect, humility, compassion and need for rules.  
**Hand:** Demonstrate exemplary technique in performances. Construct and perform movements that show exemplary levels of rhythm, fluency & creativity.