

**Exam Board:** *Edexcel*  
**Qualification:** *Physical Education*  
**Assessment Information:** *2 written examinations worth 60% of final grade (Paper 1 = 90 minutes. Paper 2 = 75 minutes.)*  
  
*1 piece of coursework (PEP), 1500 words in length worth 10% of final grade.*  
  
*Assessment in 3 practical activities worth 30% of final grade (10% for each activity).*

[Link to official specification](#)

**Department Information:**

*Our principal aim is to develop the sporting abilities, health and well-being of every student at Furze Platt. We strive for our students to adopt sporting values and develop a life-long love of sport and physical activity. Whether it be embracing competition in the numerous sports teams or developing an understanding of exercise that will benefit health for life, PE at Furze Platt is accessible to all.*

**Extra-curricular**

*We are proud to offer a broad extra-curricular provision that enables students to participate in traditional sports and more alternative sports such as fitness, table tennis and volleyball. Extra-curricular offerings change each term to provide students with variety throughout the year. In addition to our termly inter-house sporting competitions, the school also enters all sports teams into both league and cup competitions so that competitive fixtures are regular throughout the year. We also enter teams into regional athletics meets in the summer term. These fixtures enable many of our students to gain recognition at district and county level.*

**Leadership Opportunities**

*For students in Year 9 to Year 13, there is the yearly opportunity to apply to become a Furze Platt Sports Leader. This popular role allows students to develop essential life skills such as leadership, teamwork, planning and organisation, coaching and officiating all while supporting the PE department. Recent events led by our Sports Leaders include the whole school Sport Relief Mile, a Primary School netball festival that was attended by 10 local Primary Schools and the introduction of the Furze Platt Sport Review termly newsletter.*

**ACHIEVE in the curriculum:**

*The PE course embodies all the ACHIEVE values through its content and learning approaches. Some examples include:*

*Ambition - Developing written exam skills and producing high quality written work. Developing their practical performance to its highest standard within both skills and competition.*

*Versatility - Applying their theoretical knowledge to a broad range of sporting activities and scenarios. Participating in new sports and activities. Utilising prior knowledge they have from biology and PSHE to support their studies within PE.*

*Collaboration - Demonstrated through their practical performances and working in groups/teams.*

*Integrity – Students will be expected to show integrity, empathy and respect when discussing socio-cultural issues faced in sport including stereotypes, racism, sexism and disability.*

**Curriculum Aims & Intent:**

*This GCSE in Physical Education will equip students with the knowledge, understanding, skills and values they need to be able to develop and maintain their performance in physical activities. Students will also gain understanding of how physical activities benefit health, fitness and wellbeing.*

*In their second year of study, students will develop their theoretical knowledge and understanding of movement analysis and their understanding of the contribution that physical activity and sport make to health, fitness and wellbeing and how these can impact on their own performance. Sports psychology will be introduced, with a focus on skill development, through relevant practice, guidance and feedback, as well as knowledge that learners can then apply to their own learning in practical situations in order to improve their performance. Key socio-cultural influences that can affect people's involvement in physical activity and sport will also be considered.*

**Resources:**

*Revision Guide: Revise Edexcel GCSE (9-1) - ISBN 13: 9781292135120  
Textbook: Edexcel GCSE (9-1) PE Student Book - ISBN:9781292129884*

*Seneca: <https://senecalearning.com/en-GB/>*

*EverLearner: <https://theeverlearner.com/>*

*BBC Bitesize: <https://www.bbc.co.uk/bitesize/examspecs/zxbq39q>*

**How we keep parents informed:**

*Year 11 - Progress reports are published 4 times per year, in October, December, February and March, with a face-to-face parents' evening in October.*

*Regular contact home with regards to practical submission and extra-curricular activities to support practical assessments.*

**How parents can help their child:**

*Parents can support students in preparing for practical lessons by ensuring they have their full PE kit for each lesson and any special sport specific equipment required e.g. gumshields for hockey and rugby.*

*In order to complete the practical assessment, students are required to gather video footage of themselves competing in 3 sports. For students who compete outside of school, we ask that parents take responsibility for gathering the video evidence and ensuring it meets submission standards as detailed in the practical specification.*

*As we progress through the course, parents can encourage and support students with regular revision and reflection on feedback provided.*

**What we study and when:**

Term	Unit, Topic Or Summary Of Work Covered	Knowledge, Understanding & Skills Developed	ACHIEVE / Personal Development Focus	How The Work Is Assessed	Careers Links
1	Movement Analysis  Optimising Training and Preventing Injury  <i>Moderation of practical activities*</i>	<ul style="list-style-type: none"> <li>• First, second and third class lever systems</li> <li>• Mechanical advantage and disadvantage of the lever systems</li> <li>• Movement patterns using body planes and axes</li> </ul>	<p>Ambition when studying complex physics topics and applying them to a range of sporting situations.</p> <p>Integrity will be displayed when learning about PEDs</p>	<p>Combination of practice exam questions completed in class and for home learning and an end of unit test.</p>	<ul style="list-style-type: none"> <li>• Physicist</li> <li>• Physiotherapist</li> <li>• Sports Rehabilitation</li> <li>• Paramedic</li> <li>• Sports Coach</li> <li>• Sports Scientist</li> </ul>

		<p>Students will be able to use this knowledge to biomechanically analyse a range of sporting skills.</p> <ul style="list-style-type: none"> <li>• Injury Prevention</li> <li>• Injuries in sport</li> <li>• RICE</li> <li>• Performance-enhancing drugs</li> <li>• Warm ups and cool downs</li> </ul> <p>Students will be able to discuss the application of the above content to a range of sporting situations and begin developing their evaluative skills when understanding the advantages and disadvantage of PEDs.</p>	and debating their use in sport.	Ongoing assessment of practical performance throughout.	<ul style="list-style-type: none"> <li>• Biomechanics</li> </ul>
<b>2</b>	<p>Health, fitness and wellbeing.</p> <p><i>Moderation of practical activities*</i></p>	<ul style="list-style-type: none"> <li>• Physical, emotional and social health benefits</li> <li>• Impact of fitness on wellbeing</li> <li>• Lifestyle choices (diet, activity levels, work/rest/sleep balance and recreational drugs).</li> <li>• Positive and negative impact of lifestyle choices on health, fitness and wellbeing.</li> </ul> <p>Revision of all content in preparation for PPE.</p>	<p>Students will demonstrate integrity, empathy and respect when discussing emotional and social benefits.</p> <p>Students will create a happy classroom climate where all feel comfortable in contributing answers to sensitive topics.</p>	<p>Combination of practice exam questions completed in class and for home learning and an end of unit test.</p> <p>Ongoing assessment of practical performance throughout.</p> <p>90 minute Paper 1 examination for PPE.</p>	<ul style="list-style-type: none"> <li>• Doctor</li> <li>• Teacher</li> </ul>
<b>3</b>	<p>Health, fitness and wellbeing.</p> <p>Sports Psychology</p> <p><i>Moderation of practical activities*</i></p> <p><i>First draft of coursework section 3 &amp; 4</i></p>	<ul style="list-style-type: none"> <li>• A sedentary lifestyle and its consequences</li> <li>• A balanced diet to maintain a healthy lifestyle</li> <li>• The role and importance of macronutrients</li> <li>• The role and importance of micronutrients</li> <li>• The factors affecting optimum weight</li> <li>• Energy balance equations</li> <li>• Hydration for physical activity and sport</li> <li>• Carbohydrate loading and protein intake</li> <li>• Classifications of skills</li> </ul>	<p>Integrity will be shown when discussing sensitive issues such as weight issues, eating disorders and body shapes.</p> <p>Versatility when applying theoretical concepts to a range of sporting activities.</p>	<p>Combination of practice exam questions completed in class and for home learning and an end of unit test.</p> <p>Ongoing assessment of practical performance throughout.</p> <p>Coursework marked and returned with</p>	<ul style="list-style-type: none"> <li>• Sports Psychologist</li> <li>• Nutritionist</li> <li>• Sports Scientist</li> <li>• Sports Coach</li> <li>• Personal Trainer</li> </ul>

				feedback for final improvements.	
<b>4</b>	Sports Psychology Socio-cultural influences  <i>Component 3 External Moderation Visit</i>	<ul style="list-style-type: none"> <li>• Types of guidance to optimise performance</li> <li>• Types of feedback to optimise performance</li> <li>• Mental preparation for performance</li> </ul> <p>Students will develop their evaluative and debate skills but discussing the advantages and disadvantages of the above content in reference to its application to a variety of sports and abilities.</p> <ul style="list-style-type: none"> <li>• Engagement patterns of different social groups in physical activity and sport</li> <li>• Commercialisation of sport</li> <li>• The advantages and disadvantages of commercialisation</li> <li>• Sporting behaviours</li> <li>• Practice structures</li> </ul> <p>Students will also have some additional practical sessions to rehearse for the moderation day.</p>	<p>Endurance will be displayed with ongoing practical rehearsals.</p> <p>Integrity will be shown from mature, respectful and considered debates around sensitive issues such as disability, ethnicity, gender and socio-economic status.</p> <p>Ambition will be displayed during high standard, well-structured debates.</p>	<p>Combination of practice exam questions completed in class and for home learning and an end of unit test.</p> <p>Paper 2 PPE - 75 minutes.</p>	<ul style="list-style-type: none"> <li>• Sports Psychologist</li> <li>• Sports Coach</li> <li>• Teacher</li> <li>• Professional Athlete</li> <li>• Business</li> <li>• Marketing</li> <li>• Sports Development Officer</li> <li>• Officiating</li> </ul>
<b>5</b>	Final draft of coursework. Last submission.  <b>Revision</b>	Revision of all content in preparation for GCSE examinations.	<p>Students will show endurance by revising all previous content and maintaining motivation.</p> <p>Ambition will be shown through commitment to revision, responding to feedback and high level written answers.</p>	Practice exam questions and past papers.	
<b>6</b>	<b>N/A - Year 11 exam period</b>				

*\*Practical activity not specified due to activities being selected based on the needs/expertise of the cohort.*