

## Next steps!

For further information on specific sports, you could look at the websites for the National Governing Bodies and organisations related to each sport.

Athletics	<a href="http://www.englandathletics.org">www.englandathletics.org</a>	Mountain	<a href="http://www.mlte.org">www.mlte.org</a>
Badminton	<a href="http://www.badmintonengland.co.uk">www.badmintonengland.co.uk</a>	Netball	<a href="http://www.england-netball.co.uk">www.england-netball.co.uk</a>
Basketball	<a href="http://www.englandbasketball.co.uk">www.englandbasketball.co.uk</a>	Rowing	<a href="http://www.ara-rowing.org">www.ara-rowing.org</a>
Cricket	<a href="http://www.ecb.co.uk">www.ecb.co.uk</a>	Rugby union	<a href="http://www.rfu.com">www.rfu.com</a>
Cycling	<a href="http://www.britishcycling.org.uk">www.britishcycling.org.uk</a>	Squash	<a href="http://www.englandsquash.com">www.englandsquash.com</a>
Football	<a href="http://www.thefa.com">www.thefa.com</a>	Swimming	<a href="http://www.britishswimming.org">www.britishswimming.org</a>
Golf	<a href="http://www.golf-foundation.org">www.golf-foundation.org</a>	Table tennis	<a href="http://www.englishtabletennis.org.uk">www.englishtabletennis.org.uk</a>
Hockey	<a href="http://www.englandhockey.co.uk">www.englandhockey.co.uk</a>	Tennis	<a href="http://www.lta.org.uk">www.lta.org.uk</a>

If you want to find more about GCSE PE you can visit the Edexcel website ([www.edexcel.com/gcse2009](http://www.edexcel.com/gcse2009)).

You should also talk to the Head of PE at your school who will be able to describe the course in detail and advise you of what you need to do next when it comes to your options.

### Physical Education Question:

Which of these is not currently an Olympic sport?

### Physical Education Answer:

(b) Lacrosse

#### Edexcel

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# Edexcel GCSE Physical Education



## STUDENT GUIDE

### Is this the right subject for me?

If you enjoy:

- sport and recreation
- developing knowledge and understanding through practical involvement
- learning about the benefits of sport and exercise
- improving your own performance in a range of sports roles
- or if you are considering a sports-related career or an A Level/higher education course then our GCSE in Physical Education is the right subject for you.

## What do I need to know, or be able to do, before taking this course?

The course builds on the knowledge, understanding and skills established in Key Stage 3 Physical Education. It will give you exciting opportunities to be involved in a number of different physical activities, promoting an active and healthy lifestyle. You can perform in one or all of the following roles: player/participant, leader or official. You should have an interest in physical education and sport, enjoy being active and appreciate the benefits of keeping fit and healthy.

## What will I learn?

You will:

- develop your knowledge and practical skills in a range of physical activities
- examine the effects of exercise and how training can improve performance
- find ways to improve your own performances in a variety of roles
- identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity
- appreciate the benefits of promoting 'sport for all'.



### Physical Education Question:

Which of these is not currently an Olympic sport?

- (a) Handball
- (b) Lacrosse
- (c) Table tennis
- (d) Wrestling

## How will I be assessed?

Unit 1 – Examination 40%	Unit 2 – Controlled Assessment 60%
Unit 1 is externally assessed through a written examination paper of 1 hour and 30 minutes. This will contribute a maximum of 40% towards your total marks.	Unit 2 is assessed in two sections. <b>Section 1</b> – four practical performances in the role of either player/participant, leader or official. You can achieve 48% of the marks from your four performances, two of which may be in the role of a leader or official. <b>Section 2</b> – analysis of performance in one of the chosen activities. This will be worth 12% of the marks and should include planning, performing and evaluating a Personal Exercise Programme

## What can I do after I've completed the course?

As well as being the ideal preparation for the A Level Physical Education course, GCSE Physical Education allows for progression to related vocational qualifications, such as BTEC Firsts and Nationals in Sport or Sport and Exercise Sciences.

The course develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities. This can include further training in areas such as recreational management, leisure activities, coaching, officiating, the fitness industry, the armed forces and the Civil Service.

