

PE and Sport from Pearson



An introduction

We're passionate about Physical Education and Sport, and we want to give your Key Stage 4 students the best opportunity to explore their own interests, whatever their learning style.

Our broad range of qualifications allows you to **choose the course and progression route that's right for your students' learning styles, personal strengths and ambitions** – making sure every individual learner has the chance to reach their full potential.

We know it can be difficult deciding on the right path, so we're here to help. This handy guide will give you all the information you need, so you can take the first step towards teaching a rewarding and engaging PE or Sport qualification.

In this guide you'll find:

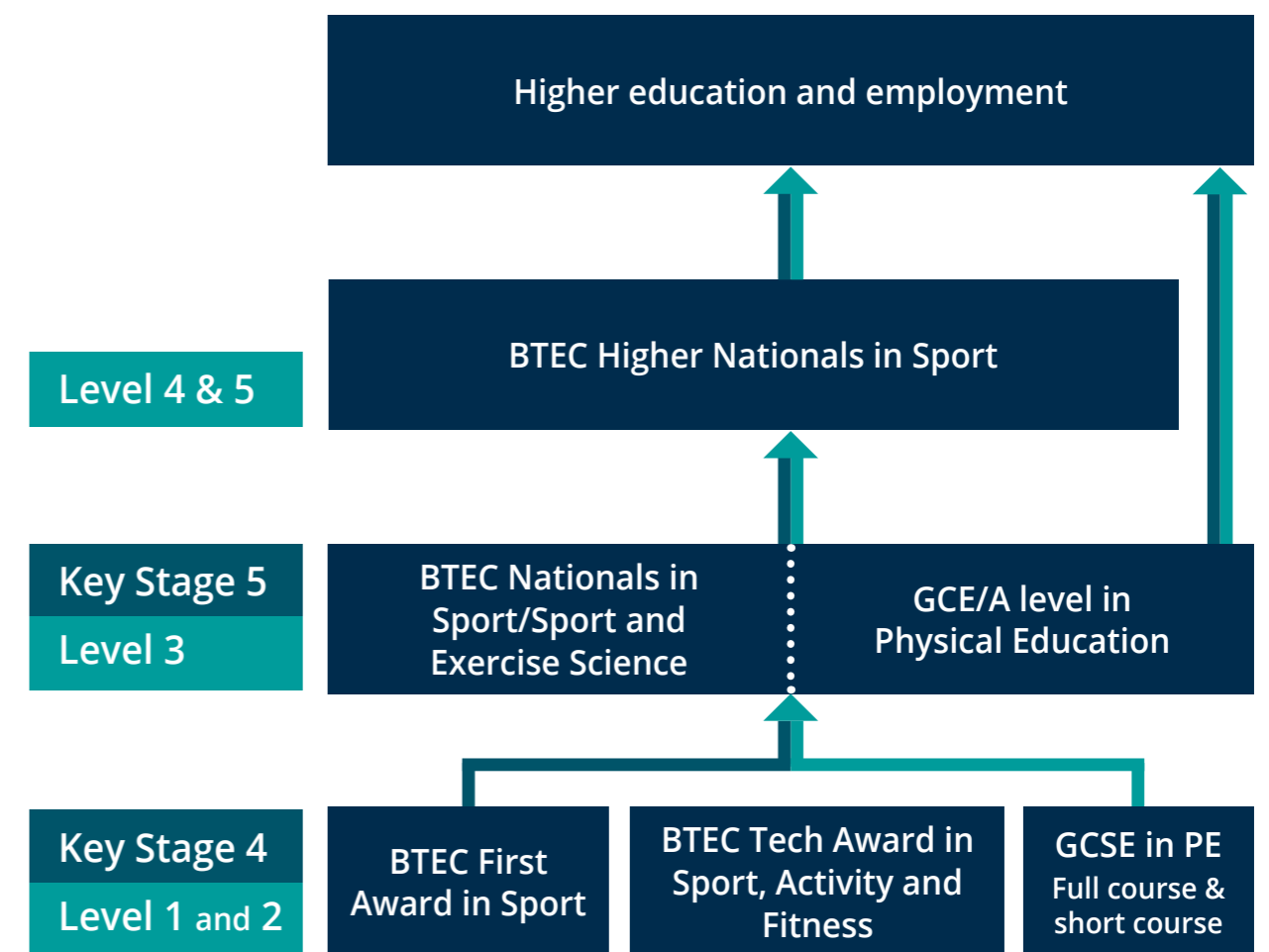
Progression routes through PE and Sport	3
The qualifications in more detail	4
BTEC First Award in Sport (2018)	5
BTEC Tech Award in Sport, Activity and Fitness (2018)	6
Pearson Edexcel GCSE (9-1) Physical Education Full Course (2016) Pearson Edexcel GCSE (9-1) Physical Education Short Course (2017)	7
Delivering Pearson Edexcel GCSE (9-1) Physical Education and BTEC Sport	8
Still undecided? You can switch...	10
A consistent approach to support	11
Your next steps	12

Progression routes through PE and Sport

There are plenty of pathways for your students to choose on their route from early secondary education to further study or employment. And we're here to support you, whichever route you take.



Progression routes



We've created an overview of each of our available Key Stage 4 Physical Education and Sport qualifications to help you determine which suits you and your students best.

Each of these qualifications:

- is designed for 14+ year olds
- counts in the 'open group' of Progress 8
- is on DfE KS4 performance tables in England.



Jump to BTEC First Award in Sport (2018)

Jump to BTEC Tech Award in Sport, Activity and Fitness (2018)

Jump to Pearson Edexcel GCSE (9-1) in Physical Education



Content Focus:

- Incorporates key aspects of the industry, such as **fitness testing and training** for sport and exercise, the **psychology of sport**, practical **sports performance** and **sports leadership**.
- Focus on sports performance and **participation in practical sport**, as well as **leading sessions**.

Student Profile:

- For students who want to learn in a practical way, includes a **greater range of sports and fitness activities** compared with GCSE PE.
- Suited to students who are considering a **career in the sports industry**, either progressing onto a **Level 3 qualification** or an **apprenticeship**.

Course structure

Component	Internal/external exam/assessment	% of course
Mandatory Units		
1. Fitness for Sport and Exercise	External assessment	25%
2. Practical Performance in Sport	Internal assessment	25%
3. Applying the Principles of Personal Training	Internal synoptic assessment	25%
Optional Specialist Units (select one)		
4. The Mind and Sports Performance	Internal assessment	25%
5. The Sports Performer in Action	Internal assessment	25%
6. Leading Sports Activities	Internal assessment	25%

Pearson BTEC

Content Focus:

- **Broad and unique content**, e.g. sports injuries, technology, physiology and nutrition principles.
- Students gain a deeper understanding of how **technological advances** impact on sport and activity.
- Students apply **physiological and psychological aspects** to the **planning and delivery** of a sports or activity session.

Student Profile:

- For students looking to gain a **broad overview** of the **varying disciplines** available in the sport, activity and fitness sector.
- Suited to students who are **considering a career in the sport, activity or fitness industries**, either progressing onto a **Level 3 qualification** or an **apprenticeship**.

Awarding Organisation Partner of Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) to remain relevant to align with the needs of the sport sector.



Pearson have made a fantastic commitment to align their provision to the vision of CIMSPA to meet future demands of the sport and physical activity sector.

Tara Dillon, CEO at Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)



Course structure

Component	Internal/external exam/assessment	% of course
1. Understanding the Body and the Supporting Technology for Sport and Activity	Internally assessed assignments	30%
2. Developing an Understanding of the Principles of Training, Nutrition and Psychology for Sport and Activity	Externally assessed	40%
3. Applying the Principles of Sport and Activity	Internally assessed (synoptic)	30%

Pearson Edexcel

Content Focus:

- Provides students with a **well-rounded and full introduction** to the world of PE, sport and sport science by developing an understanding of how the mind and body works in relation to performance in physical activity.
- Embeds a **'supporting through practice' approach**, designed to enable all students to further their understanding of the subject through application.

Student Profile:

- For students who want to **develop their knowledge and understanding** through practical application.
- Suited to students who are **interested in progressing either to higher level qualifications** such as the Pearson Edexcel GCE/A Levels in Physical Education, or vocationally focused qualifications, such as BTEC Nationals in Sport or Sport and Exercise Sciences, or considering a career in the sport, activity or fitness industry.

Short Course structure

Component	Internal/external exam/assessment	% of course
1. Body Systems, Movement and Health	Written examination	60%
2. Practical Performance	Non-examined assessment: internally marked and externally moderated	40%

Full Course structure

Component	Internal/external exam/assessment	% of course
1. Fitness and Body Systems	Written examination	36%
2. Health and Performance	Written examination	24%
3. Practical Performance	Non-examined assessment: internally marked and externally moderated	30%
4. Personal Exercise Programme	Non-examined assessment: internally marked and externally moderated	10%

Delivering Pearson Edexcel GCSE (9-1) Physical Education and BTEC Sport

Our qualifications for Pearson Edexcel GCSE (9-1) in Physical Education and BTEC Sport both nurture skills and knowledge for progression to further study and employment. They help students **develop important transferable skills** for progression to the next level, including numeracy, communication, an understanding of practical performances, as well as vital skills for leading a healthy and active lifestyle.

The world beyond the classroom

New research conducted by the UK based charity **Education and Employers** has for the first time demonstrated that encounters with the world of work have a positive impact on young people's results at KS4. We're proud that all of our Edexcel GCSE (9-1) Physical Education and BTEC Sport qualifications **use real-life scenarios** and are developed with employers and higher education experts – so learners will demonstrate the high standards of knowledge, practical skills and understanding required for further study and employment.

[Read the full report here](#)



BTEC Sport prepares our students really well for employment... a lot of our BTEC Sport students do two sets of placements over the two years and get offered paid work before they've even finished their BTEC.

Dan Robinson, Head of Department for Sport at Hartpury College



Common content between qualifications

Pearson Edexcel GCSE (9-1) in Physical Education and BTEC Sport both involve **planning, carrying out, analysing and reviewing a training programme or personal exercise plan**. Each qualification covers fitness and methods of training, and both have a practical unit, where student ability is assessed for the Pearson Edexcel (9-1) in Physical Education qualification.

Both qualifications cover **anatomy and physiology**, with greater focus and emphasis on this in GCSE Physical Education than in BTEC Sport.

Co-delivery of Pearson Edexcel (9-1) in Physical Education and BTEC Sport

Like you, we want to make sure every individual learner has the chance to reach their full potential. You can co-deliver Edexcel GCSE (9-1) Physical Education and BTEC Sport, which means you have the flexibility to meet every student's needs – and to make the best use of your time and resources, too.

There are similarities in content between Pearson Edexcel (9-1) in Physical Education and BTEC Sport, and many possible combinations of delivery.

[Go online for examples of common content and information about co-delivery.](#)



Still undecided? You can switch...

There are plenty of ways for you learn more about your options

If you find that the qualification you're teaching isn't quite right, you can switch! We've made it easy for you to move from BTEC Sport to GCSE PE, or vice versa.

On our website, you'll find mapping documents and information about the common topics that you can teach first.

Download our guide to co-teaching BTEC Sport and GCSE PE

Edexcel GCSE Physical Education (2016/2017) mapping documents

BTEC First Award in Sport (2018) mapping documents

BTEC Tech Award in Sport, Activity and Fitness (2018) mapping document

A consistent approach to support

With dedicated subject advisor, Penny Lewis, across our PE and Sport qualifications, the support and guidance you'll receive will be at the same high standard no matter the choice you make.



Watch our video to meet Penny

Subject advisor
Penny Lewis
Physical Education
and Sport

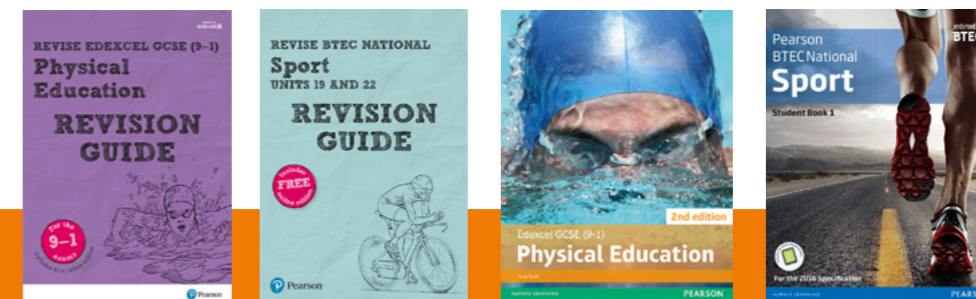
UK: 03330 164 100
Intl: +44 (0)20 7010 2188
Twitter: @PearsonPEsport

Resources to support you

Our website has a variety of **free support materials** for each qualification, from specifications, to sample assessment materials, course planners and first-look guides.

There's also a host of **published resources** for teaching and revision across both the GCSE and BTEC qualifications.* You can tailor your use of the available materials, keeping you and your learners' needs at the heart of what you do.

Discover our resources



*You don't have to purchase resources to teach any of our qualifications.





Visit our **PE and Sport homepage**



Talk to us about GCSE PE or BTEC Sport



Sign up to email updates from our PE and Sport subject advisor



Learn more about our PE and Sport qualifications! We offer face-to-face, online training and pre-recorded events for educators who are teaching or interested in teaching BTEC or Edexcel from Pearson.