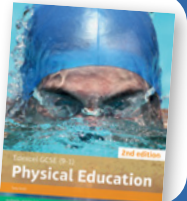


GCSE (9-1) Physical Education

Supporting learning through practice








Look out for
Pearson's
published
resources
too!



Supporting learning through practice

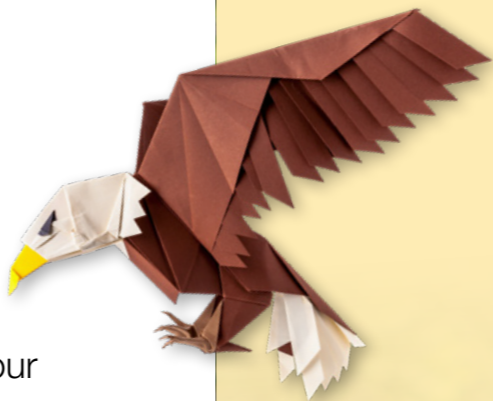
This brochure provides an overview of the specification for our Pearson Edexcel GCSE (9–1) Physical Education qualification.

As **both an awarding body and a publisher**, we'll outline how our specification will engage your students and inspire them to become confident and practical sports people, and we'll also outline the expert support and resources you can expect. Our qualification:

-  develops knowledge and understanding through practical application **pages 4-5**
-  encourages a holistic understanding of PE..... **page 6**
-  has clear and accessible assessments for all students **page 7**
-  nurtures skills and knowledge for progression to further study **page 8**
-  provides expert support when you need it **pages 9-13**























Working with you

We've worked closely with teachers, subject associations, and higher education to make sure our Pearson Edexcel GCSE specification has been shaped by you. We have also consulted with members of the YST, Sports England, AfPE and national governing bodies.



Qualification at a glance

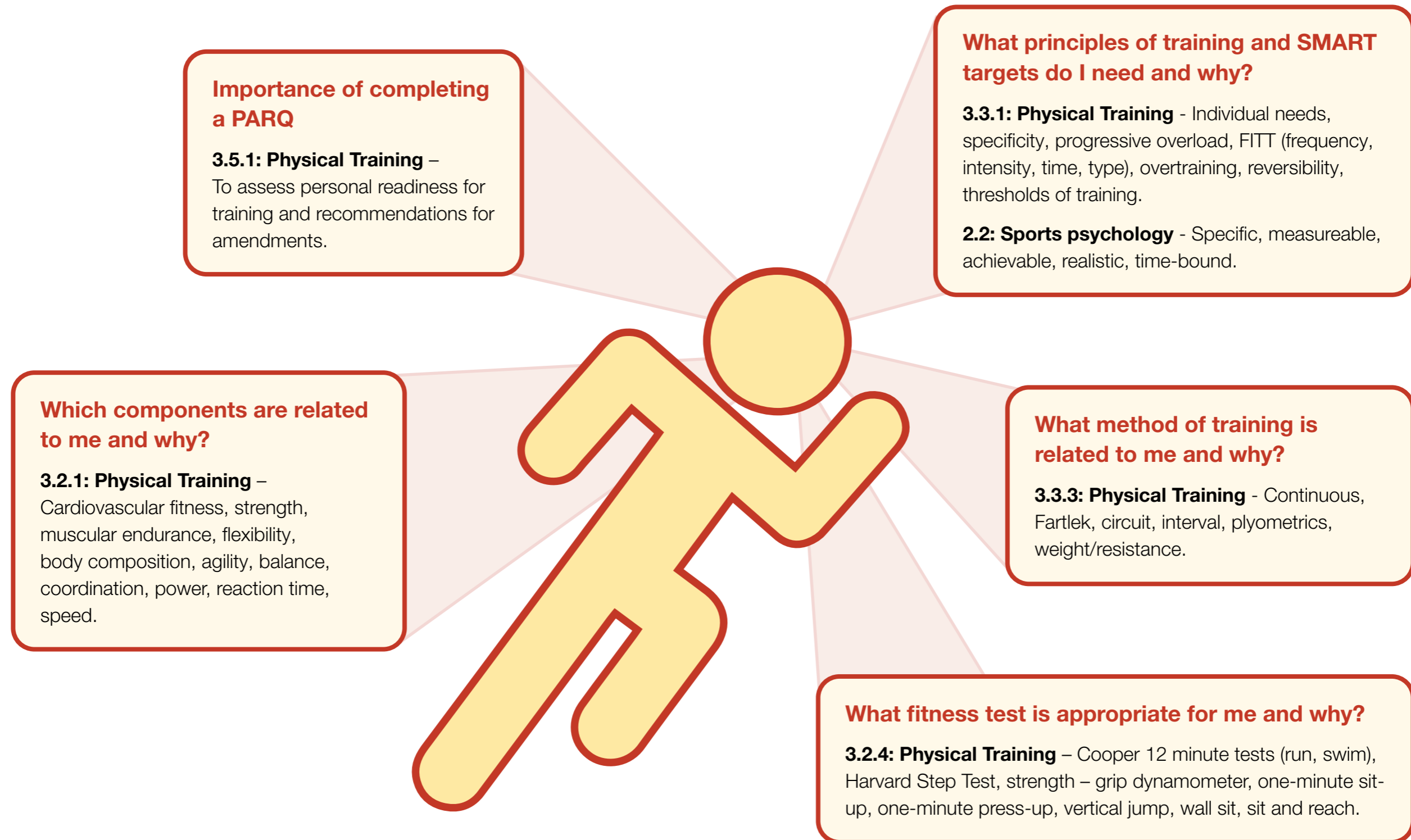
We have developed a GCSE Physical Education qualification that you'll know and recognise. Our revised qualification has no changes to content but we have a new assessment structure.

| Component | Assessment | Content overview |
|--|--|--|
| Component 1: Fitness and Body Systems |  Written examination: 1 hour and 30 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 |
| 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 |
| 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 |

Develops knowledge and through practical application

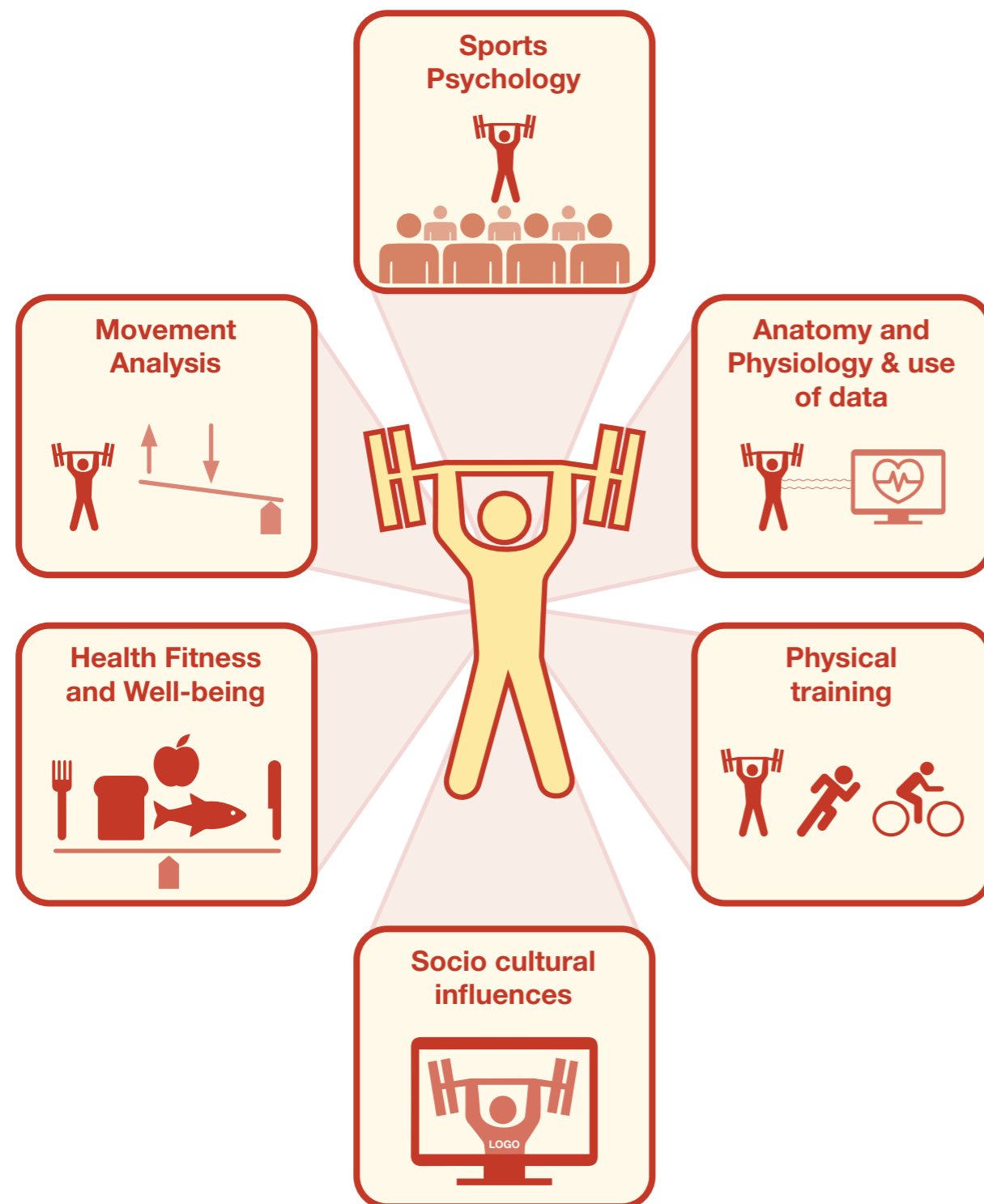
We have developed our qualifications with a 'supporting through practice' approach, designed to enable all students to further their understanding of the subject through application. Students will be encouraged to engage in physical activity and sport by contextualising the theory and applying their knowledge to their practical performance.

Here you can see how parts of the specification can be explored through the Personal Exercise Programme:



Encourages a holistic understanding of PE

Students will receive 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.



Clear and accessible assessment for all students

Our qualifications have a straightforward structure with four engaging and up-to-date components assessed through three practical performances, a Personal Exercise Programme (PEP) and two externally examined papers.

- Our papers have a **range of question types** - multiple choice, short answer, one extended answer question in each paper, making them accessible to candidates of all abilities.
- Our sectioned papers have **clear assessment structures and mark schemes** so you know exactly what will be assessed.
- Our papers have **clear and consistent use of command words** to help your students prepare for the assessment.

| Question Number | Indicative content (AO1 – 3 marks; AO2 – 3 marks; AO3 evaluation – 3 marks) | Mark |
|-----------------|---|------|
| 12 | <p>Reward acceptable answers. Responses may include, but are not limited to, the following:</p> <p>Knowledge and understanding of types of nutrition/balanced diet (AO1)</p> <ul style="list-style-type: none"> Will help to maintain correct weight so that optimum weight for activities is achieved. Will provide essential nutrients for the body to function effectively and reduce risk of health issues. Identification of role of specific nutrients, e.g. protein for growth and repair. <p>Application of knowledge to performance by endurance athlete (AO2)</p> <p>Specific examples where aspects of a balanced diet are required for exercise.</p> <ul style="list-style-type: none"> Linkage of correct body weight to energy outlay to complete activity, e.g. if performer has excess body weight then they will be expending too much unnecessary energy/will not be able to run as fast. Linkage of role of nutrient and specific needs of endurance activity, e.g. energy sources to carry out prolonged physical work. Consideration of nature of activity and hydration levels, e.g. will need to rehydrate during long distance runs. <p>Making connections between the elements of nutrition and impact on performance if in excess/insufficient (AO3 – evaluation)</p> <ul style="list-style-type: none"> Consideration of advantages/disadvantages of different fuel sources, e.g. fat vs carbohydrate for endurance activities and the importance of other factors, e.g. training, duration and intensity of training, lifestyle choices, that impact on performance. Consideration of manipulation of diet to meet specific demands of activity, e.g. carbohydrate loading to supplement balanced diet and potential impact on performance. Conclusion making a judgement that a balanced diet is required in order to sustain an endurance athlete's performance in the race, or conclusion making a judgement that a balanced diet is essential during training, but dietary manipulation (e.g. carbo-loading) may provide greater energy stores and improve performance. Conclusion may also make reference to how diets may differ for other types of athlete. | |

AO1 - Demonstrate knowledge and understanding

AO2 - Apply their knowledge and understanding

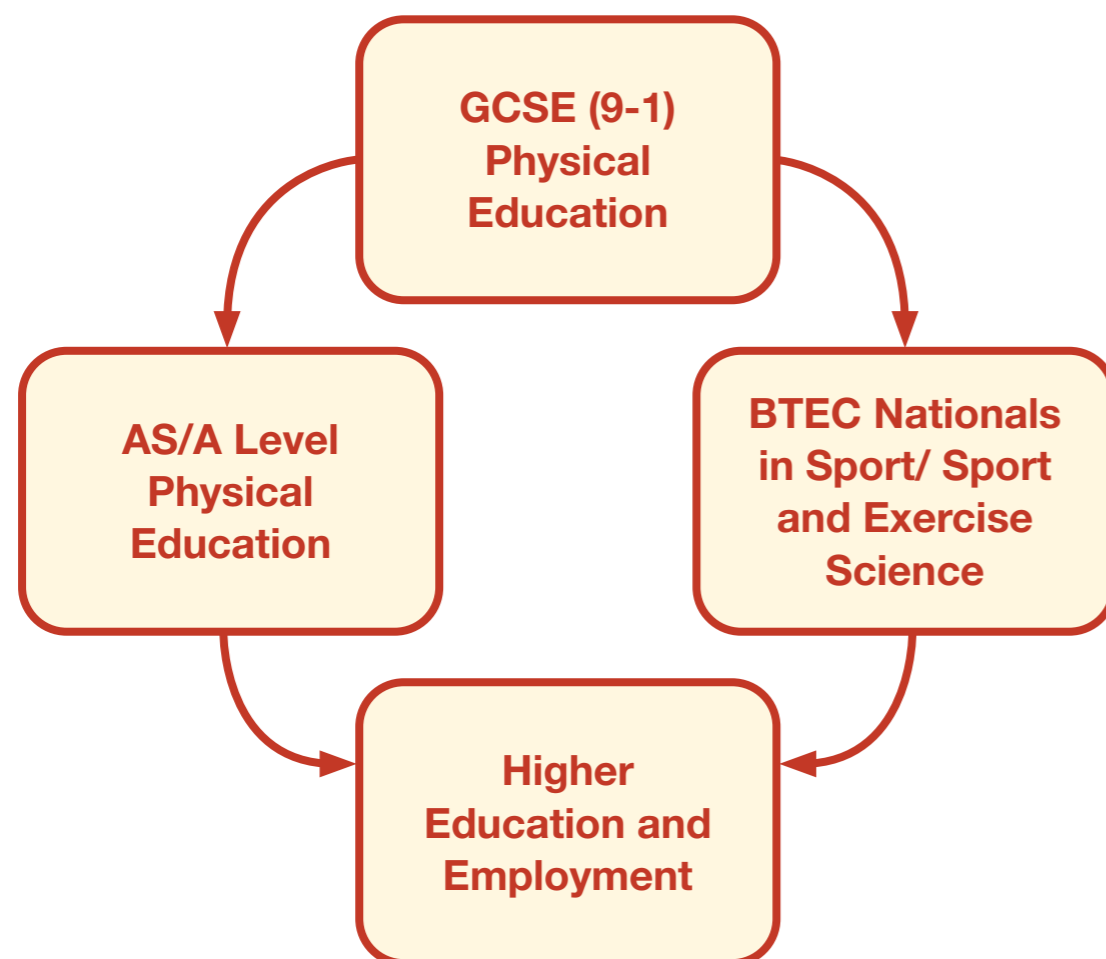
AO3 - Analyse and evaluate relevant knowledge and understanding

Download our 'Guidance on Extended Answer Questions' online.

Nurtures skills and knowledge for progression to further study

Our Pearson Edexcel GCSE (9-1) in Physical Education has been designed to provide a smooth progression from GCSE to A level.

- Builds on the understanding developed at Key Stage 3, supporting a smooth transition to the next level of study.
- Encourages learners to become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.
- Helps students develop important transferable skills for progression to the next level, including numeracy, communication and an understanding of practical performances.
- The blend of scientific and social knowledge positions candidates to access a range of qualifications.



Expert support when you need it

You can access a full programme of teaching and learning support to help you plan, teach, track/assess our specification, particularly with new and unfamiliar content and skills.

Plan

- Editable **course planners** and a **scheme of work** can be adapted to suit your department.
- Our **Getting Started guide** gives you an overview of our new qualification to help you understand what the changes mean for you and your students.
- Progression guides** will help you to understand the progression from GCSE to A level, including common features.
- Mapping documents** guidance to help if you're thinking of moving from another awarding body.
- Additional specimen papers** will help you to prepare your students for their exams.

Subject support

If you have any questions, get in touch with Penny Lewis, Subject Advisor for Sport and Physical Education. You can sign up via the website to receive emails from Penny and be kept up to date about key dates, training events, news and resources.

Email: TeachingPEandSport@pearson.com

Follow Penny on Twitter: [@PearsonPESport](https://twitter.com/PearsonPESport)

Sign up for updates



Expert support when you need it


Teach

Our **Topic guides** provide an overview of the specification and practical guidance for delivering the topic. They aid teaching and learning, specifically helping teachers who are new to a certain area.

The guides:

- detail content changes to the topic
- provide clarity over the required breadth and depth
- signpost possible resources
- provide some teaching ideas to assist with planning and delivery.

Our **BTEC and GCSE co-teachability** guides help you to explore how the two level 2 qualifications can be taught side-by-side.

 **Structure of the cardiovascular system – activity 7**

A good starting point could be labelling blank diagrams to help learn the names and locations of all of the relevant components.

TASK

- Place the words in the correct places on the diagram of the heart.

Left atrium, right atrium, left ventricle, right ventricle, septum, tricuspid valve, bicuspid valve, semi-lunar valves, aorta, vena cava, pulmonary artery, pulmonary vein.

- Add arrows to show the direction of blood flow.

Vascular shunting – activity 8

The importance of blood and its role in transporting gases and nutrients should be linked to performance to provide context in relation to sport and activity.

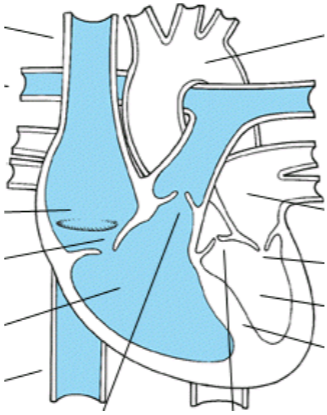
Students need to understand the terms:

- Vasoconstriction – narrowing of the blood vessels
- Vasodilation – widening of the blood vessels
- Vascular shunting – the use of vasoconstriction and vasodilation to move blood from inactive areas to active areas.

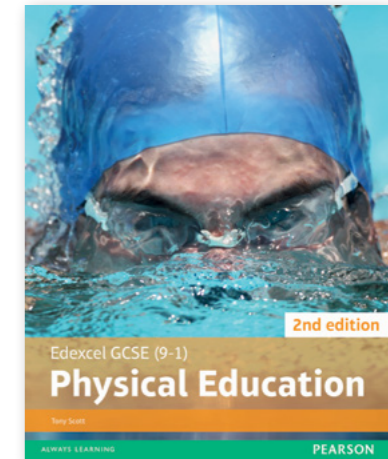
Discussion points:

- Where is the blood needed during exercise?

Sample from Topic Guide 1 - Anatomy and Physiology.



Published resources



Pearson's new paid-for resources* will support you with the Pearson Edexcel GCSE PE specification, including:

- A fully illustrated **Student Book** covering all 4 components of the qualification, written by Tony Scott, MBE
- An **Activebook** an eBook (digital version) of the Student Book enabling independent student access anywhere, any time.
- Teacher resources through **ActiveLearn Digital Service**, consisting of planning materials, videos, interactive content and downloadable worksheets, plus a digital version of the Student Book for front-of-class teaching.

Our resources will help teachers and learners feel secure in the **new content** required by the specification and support the concept of **learning through practice**.

Revision Guide and Workbook

Our **Revision Guide** and a **Revision Workbook** to help your learners to study for their assessments.




* Pearson's paid-for resources, as well as other endorsed resources, are not a prerequisite for the delivery of our Pearson Edexcel specification. We will be seeking endorsement from Edexcel for the components listed above.

View our publishes resources online

Expert support when you need it

Track and assess

When it comes to tracking progress and preparing for assessment, we'll provide support and resources to help you and your students throughout the course.

-  **Sample Assessment Materials**, so that you can get to grips with the format of the papers and the level of demand as quickly as possible.
-  **Practical performance assessment** guide to help you to feel more confident in assessing practical exercises.
-  **Exemplar materials with commentaries** for both examined and non-examined components.

Tools to help you measure and track progress

ResultsPlus

ResultsPlus provides the most detailed analysis available of your students' exam performance. This free online service helps you identify topics and skills where students could benefit from further learning, helping them gain a deeper understanding of PE.

examWizard





ExamWizard is a free exam preparation tool containing a bank of past Edexcel GCSE PE exam questions, mark schemes and examiners' reports, so you can create mock papers, homework or practice tests in minutes



Develop



To help you plan with confidence, we offer a host of different events to support you in getting ready to teach.

Preparing you for assessment in 2023

-  Hear a full **overview to the changes** to GCSE Physical Education for components 1,2 and 4 for first assessment in 2023
-  See examples of the changes through our **revised Sample Assessment Materials**
-  Learn how to contact your subject specialist, **Penny Lewis**
-  Find out about the **wide range of support available** to help you make the transition.

Coursework Marking Training Events

Free coursework marking training events for Components 3 and 4 events will support you in delivering our Pearson Edexcel GCSE (9-1) Physical Education specification for 1st assessment in summer 2023. The training is broken down into four modules.

-  Modules 1-3 can be completed in your own time and you can take them as many times as you need.
-  Module 4 is a live Online Q&A event.

Access your training

Key changes

GCSE Physical Education

The following changes will apply for summer 2023 assessments and beyond.

- ✎ There are **no changes** to content
- ✎ 3 sections per paper
- ✎ One extended answer response per paper
- ✎ We have reduced the examined time for Paper 1 only
- ✎ **Evaluate** as the only command word for the extended answer question
- ✎ There are no changes to Component 3 - Practical Performance
- ✎ Component 4 - has updated guidance on the delivery and assessment of the PEP.

All of your support in one place

- ✎ Access your new updated Specification and SAMs
- ✎ Download new PEP exemplars, PEP checklists, performance data examples and marking grids.



Get in touch

Contact your dedicated subject advisor,
Penny Lewis for more information or to sign
up for dedicated support emails.

 Call us: **0333 016 4100**

 Email us: **TeachingPEandSport@pearson.com**

 Follow us: **@PearsonPESport**



Penny Lewis
PE and Sport
Subject Advisor

