Year 11 GCSE PHYSICAL EDUCATION  (Edexcel Unit code: 5PE01 and 5PE02)
The course contains two units:

Unit 5PE01  The Theory of Physical Education
Comprising of a theoretical lesson taught for 1 lesson per week
(2 per week from the Spring term)

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Overview of content
• Section 1.1: Healthy, active lifestyles
• Section 1.2: Your healthy, active body

Overview of assessment
This unit is assessed through an externally set examination.
The examination is 1 hour and 30 minutes, and includes multiple-choice, short-answer, and longer-answer questions
(May 2017)
The total raw mark available is 80.

Unit 5PE02  Performance in Physical Education.
Comprising of two practical PE lessons a week
(1 per week from the Spring term)

Overview of content
This unit has two sections:
• Section 2.1: Practical performance
• Section 2.2: Analysis of performance.

Overview of assessment
This unit is assessed under controlled conditions, and students need to undertake two different controlled assessment tasks.

Section 2.1: Students need to undertake practical performances in different contexts, within selected physical activities, in the role of either player/participant, official or leader.

Students must offer four performances.
Section 2.2: Students need to undertake an analysis of performance in one of the selected physical activities undertaken in the role of player/participant in Section 2.1: Practical performance.

The total number of raw marks available is 50.

The activity areas at GCSE are as follows:
• Dance
• Games
• Gymnastics
• Athletics/Swimming
• Fitness/Health
• Outdoor and Adventurous

Please be aware that students can enter sports covered outside of school (e.g. horse riding) and not within school through video evidence.
Overall GCSE Scheme of Assessment

40% Examination - 1 hour and 30 minutes, and includes multiple-choice, short-answer, and longer-answer questions. The total raw mark available is 80. (May 2017)

60% Practical: This unit is assessed under controlled condition. This unit is externally moderated. Practical video deadline: February 2017 (for selected practical activities), PEP and Analysis of Performance deadline March 2017, external moderation: April 2017. The total raw mark available is 50.

Resources/Supporting students
The key website is the Edexcel site http://www.edexcel.com/quals/gcse/gcse09/pe/Pages/default.aspx
All students need to purchase a workbook and revision guide–
Revise Edexcel GCSE PE Revision Workbook ISBN 978-1-4469-0363-6
This can be purchased online or at the Student Support Services

Students will receive weekly homework with a major focus on past paper exam questions. It is expected that all students will be undertaking practical activities outside of lessons.

Students will undertake the following topics in each area of the course throughout the year.

**Autumn Term 1**

1.1.5 Personal health – Diet and redistribution of blood flow.
1.2.1 Mind and body – Somatotypes, optimum weight and weight issues, smoking, alcohol and drugs, rules and risk assessment in sport.
End of Topic Test 1.1.5 – 1.2.1 Work book pages 51-69
Practical assessments and units to be selected according to individual group needs.
Personal Exercise Programme and Analysis of Performance

**Winter Term 2**

1.2.2 Cardiovascular system – Immediate and short effects, the effects of regular and long-term participation, importance of rest, recreational drugs and the CV system.
1.2.3 Respiratory system - Immediate and short effects, the effects of regular and long-term participation, recreational drugs and the respiratory system.
End of topic test 1.2.2 and 1.2.3 Workbook pages 70-75
Practical assessments and units to be selected according to individual group needs.
Personal Exercise Programme and Analysis of Performance

**Year 11 Mock Exam – Complete course with members of staff giving guidance from the remainder of the course - 1.2.4 and 1.2.5.**

**Spring Term 1**

1.2.4 – Muscular system – Muscles names, actions and injuries. Immediate, short term effects and effects of regular participation. Impact of rest, diet and performance enhancing drugs.
End of topic test 1.2.4 Workbook pages 76-81
Practical assessments and units to be selected according to individual group needs. Analysis of performance.
Personal Exercise Programme and Analysis of Performance

**Spring Term 2**

1.1.5 Skeletal system – Function and range. Effects of exercise. The potential of injuries and treatment necessary.
End of topic test 1.2.5 Workbook pages 82-89
Practical assessments and units to be selected according to individual group needs.
Personal Exercise Programme and Analysis of Performance

**Summer Term 1**

Analysis of Performance preparation lessons.
Exam technique