

PHYSICAL EDUCATION

At Uxbridge High School, the Physical Education curriculum area has chosen to follow the Edexcel specification for GCSE PE. A breakdown of how the course is structured is below, with the course being broken down into four key areas (two exams, one coursework unit and a practical assessment). You will notice there is a heavy influence on sport sciences, which are assessed through written examinations. It is expected that you attend extra-curricular clubs and play sport outside of school with such an emphasis on practical performance.

Component	Assessment	Content overview
Component 1: Fitness and Body Systems	 Written examination: 1 hour and 45 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

