

## Edexcel GCSE Physical Education

This new exam to MCS, is exciting as it gives pupils the opportunity to utilise their commitment & time devoted to extra curricula activities, such as; skiing, 'The Duke of Edinburgh Award', 'Ten Tors', Canoe club etc as a major part of a GCSE course.

They can even use sports activities undertaken outside of school, such as; Rowing, Gymnastics, Archery & Dance, to name just a few.

In this day & age where we are trying to encourage youngsters to have a more active lifestyle, here is a GCSE which has 60% of its time devoted to them partaking in physical activity. The other 40% is just as exciting as it focuses on a healthy lifestyle; diet & nutrition, creating a 'Personal Exercise Programme', understanding how the human body works & the part sport plays in staying healthy.

With 2012 on the horizon, it could not be a better time to focus on Sport.

The exam has 2 parts:

### **1. Paper 1: Written Paper: 1 hour 45 minutes — 40%**

This paper is in three parts:

- Part I — multiple-choice questions
- Part II — short-answer questions
- Part III — scenario questions.

The theory part covers:

#### **'Factors affecting participation and performance'.**

- **Exercise and Training**  
Students will need to know how to apply and demonstrate the relationship between the factors affecting participation and performance; know how and why people get involved in sport and understand why it is important to have an active lifestyle. They should be able to relate these factors to their chosen physical activities and show an understanding of their application in sport.
- **Safety Aspects and Risk Assessment in Physical Activity and Sport**  
In this section, candidates should learn the reasons for their obligation to obey the laws, rules and safety requirements of any activity, and be able to assess the risks involved in activities, both to themselves and others. They should understand that these requirements not only relate to good sporting behaviour, but are also designed to ensure the safety of participants.
- **Applied Anatomy and Physiology.**  
The aspects of anatomy and physiology should be studied through the medium of physical activity. It is the intention of this section that the candidates' knowledge of anatomy and physiology is applied to enhance their understanding of the body systems when applied to physical activities and sporting situations. This should lead to informing candidates about their own practical performance and providing knowledge for an improvement in performance.

## 2. Practical activities — 60%

**Four** activities for assessment

To complete an Analysis of Performance in **one** of these activities.

Assessments are done through videoing the pupils performance & interviews.

This 60% is split into:

- Continues practical assessment of their sport prowess — 25%  
Assessed through video of their performance during normal lessons.
- Analysis of performance in one chosen sport — 10%
  - Rules (and their role in sport), regulations and terminology
  - Observation and analysis
  - Evaluation (interpreting information against the Perfect Model), and recognising strengths and weaknesses
  - Planning strategies, tactics, practices and training to improve performance: making use of their six week Personal Exercise Programme (PEP)
  - Understanding the principles and roles of leadership to improve performance Personal Exercise Programme
 Assessed through video of their analysis of other players
- Final practical assessment — 25%  
Assessed through video of an exam routine

I would encourage Pupils undertaking the following school activities to consider taking the Exam option activities identified

| <b>MCS<br/>Activity</b>   | <b>GCSE<br/>Exam activity</b> |
|---|-------------------------------|
| Exmoor Challenge<br>Abbot's Way<br>Brecon's Weekend<br>Ten Tors<br>& D of E | Trekking                      |
| Canoe Club  | Kayking                       |
| Ski trip<br>(for at least 2 years)  | Skiing                        |
| Sailing Club  | Sailing                       |
| Climbing Club   | Climbing                      |
| Swimming Club<br>(top group)  | Swimming Strokes              |
| BMF<br>HHH<br>Running Club  | Fitness Training              |

Take a look over the page for the full list.

Which Activities can you do?

Select **four Activities** from at least **two different** activity groups

| Games activities  | Gymnastic activities  | Dance activities   |
|---|---|--|
| Association<br>Football<br>Badminton<br>Basketball or<br>Korfball<br>Cricket<br>Gaelic Football<br>Hockey<br>Hurling <i>or</i><br>Camogie<br>Lacrosse<br>Lawn Tennis<br>Netball <i>or</i> Korfball<br>Rounders <i>or</i><br>Softball <i>or</i><br>Baseball (English<br>or Welsh)<br>Rugby League <i>or</i><br>Rugby Union<br>Squash<br>Table Tennis<br>Volleyball<br>Water Polo | Horse Riding<br>Synchronised Swimming<br>Trampoline<br><br>Gymnastics<br>All candidates must offer:<br>• agilities and vaulting<br><b>plus</b><br>A sequence for <b>one</b> of:<br>• floor<br>• bars/rings/pommel horse<br>• beam<br>• educational gymnastics<br>• rhythmic ( <b>one</b> of<br>clubs/ball/rope/ribbon/hoop) | Candidates must demonstrate the ability to perform <b>one dance</b> , through a solo, duet <b>or</b> group performance.<br>Dance may only be offered as <b>one</b> practical activity.<br>Each piece performed should last between <b>two and four minutes</b> .<br>Candidates may choose to include work from the following dance styles for assessment purposes:<br>Modern/Contemporary<br>Ballet/Tap/Jazz/Folk/<br>Traditional/Ethnic |
| Athletic activities   |   | Adventurous activities   |
| Archery<br>Fencing<br>Golf<br>Rowing<br>Weightlifting   | Exercise activities<br>Fitness Training<br>(Aerobics / Circuit Training /<br>Continuous Training / Interval<br>Training<br>and/or Weight-training)<br>Judo <i>or</i> Karate   | Boardsailing<br>Canoeing <i>or</i> Kayaking<br>Climbing<br>Personal Survival <i>or</i> Lifesaving<br>Sailing<br>Skiing <i>or</i> Snowboarding<br>Trekking <i>or</i> Orienteering   |
| Athletics: <i>three events from at least two columns</i>  |   | Swimming activities  |
| Running   | Jumping   | Throwing   |
| Hurdles<br>Long distance<br>Middle distance<br>Relay<br>Sprinting<br>Steeplechase   | High jump<br>Long jump<br>Pole vault<br>Triple jump   | Discus<br>Hammer<br>Javelin<br>Shot  |
| Swimming Strokes  |   |  |

Activities we suggest are highlighted, the key is as follows

|   |
|---|
| Within the MCS sports lessons<br>(we are focusing on 3 sports to offer the depth, needed for GCSE)<br>(many sports are covered in our sports lessons) |
| Within the MCS<br>Outdoor pursuits program  |
| Known links<br>outside of school  |