



JOHN F KENNEDY
CATHOLIC SCHOOL

INSPIRE • ACHIEVE • SERVE

Year 11 Raising Achievement

Physical Education

Pearson Edexcel GCSE PE



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60%

Two examinations papers

Paper 1 - Fitness and Body Systems

Paper 2 - Health and Performance

30%

Three practical sports,
each 10%

One team

One individual

One free choice*

*team or individual

10%

Coursework

Personalised

Exercise

Programme

Component 1



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Component 1: Fitness and Body Systems

Written examination: 1 hour and 45 minutes

36% of the qualification

90 marks

Content overview

- Topic 1: Applied anatomy and physiology
- Topic 2: Movement analysis
- Topic 3: Physical training
- Topic 4: Use of data

Assessment overview

The assessment consists of multiple-choice, short-answer, and extended writing questions. Students must answer all questions. Calculators can be used in the examination.

Component 2



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Component 2: Health and Performance

Written examination: 1 hour and 15 minutes

24% of the qualification

70 marks

Content overview

- Topic 1: Health, fitness and well-being
- Topic 2: Sport psychology
- Topic 3: Socio-cultural influences
- Topic 4: Use of data

Assessment overview

The assessment consists of multiple-choice, short-answer, and extended writing questions. Students must answer all questions. Calculators can be used in the examination.

Component 3



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Component 3: Practical Performance

Non-examined assessment: internally marked and externally moderated 30% of the qualification
105 marks (35 marks per activity)

Content overview

- Skills during individual and team activities
- General performance skills

Assessment overview

The assessment consists of students completing three physical activities from a set list. One must be a team activity. One must be an individual activity. The final activity can be a free choice.

Component 3



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Team activities

Acrobatic gymnastics
Association Football
Badminton
Basketball
Camogie
Cricket
Dance
Figure skating
Futsal
Gaelic Football
Handball
Hockey (Field, Ice, Inline/Roller)
Hurling
Lacrosse
Netball
Rowing
Rugby League
Rugby Union

Sailing
Sculling
Squash
Table Tennis
Tennis
Volleyball
Water Polo

Specialist activity

Blind cricket
Goalball
Powerchair football
Table cricket
Wheelchair basketball
Wheelchair rugby

Individual activities

Amateur Boxing
Athletics - Field & Track
Badminton
BMX cycling
Canoeing
Track & Road Cycling
Dance
Diving
Figure skating
Golf
Gymnastics
Equestrian
Kayaking

Rock Climbing
Sailing
Sculling
Skiing
Snowboarding
Squash
Swimming
Table Tennis
Tennis
Trampolining
Windsurfing

Specialist activity

Boccia
Polybat

Component 4



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Component 4: Personal Exercise Programme

**Non-examined assessment: internally marked and externally moderated 10% of the qualification
20 marks**

Content overview

- Aim and planning analysis
- Carrying out and monitoring the PEP
- Evaluation of the PEP

Assessment overview

The assessment consists of students producing a Personal Exercise Programme (PEP), and will require students to analyse and evaluate their performance. These will be assessed by the teacher and moderated by Pearson.

Component 1 and 2



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Our top tip for success for Component 1 and 2 is the EverLearner website. It can be used for independent learning and set tasks from teachers.

All students have access to a resource called EverLearner. Their username is their **school email** and their password is **jfkpe**. This resource is similar to having their very own online tutor.

Lesson (1/3)

Functions of the Skeleton

 Start learning

 Start practice

 Test yourself

The resource is broken down into three main areas for learning. The **start learning** section provides students with tutorials which have been broken down into topics.

The **start practice** section allows students the opportunity to check their understanding with instantaneous feedback, with a range of questions from multiple choice to short answer.

The **test yourself** adds the element of the exam time constraints with each answer needed to be completed within a certain time and an overall result provided at the end of the quiz.

Component 3



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Component 3: Practical Performance Tips to Success

- **Play regular sport (at least one outside of school)**
- **Within your GCSE PE practical sessions try your hardest to help with your second and third choice sport**
- **Watch sport and learn about the rules and tactics to improve game understanding**
- **Attend extracurricular opportunities within school and outside of school**
- **Focus on your individual fitness. Are you exercising regularly to developing your components of fitness**

Component 4



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Component 4: Personalised Exercise Programme Tips to Success

- Evaluate your weekly sessions straight after the GCSE practical lesson and after each match performance - this can be in note form in the first instance
- Ensure your performance aim is linked to your chosen sport and focuses on the position you play. Think does your performance aim have an impact on your team and you as an individual
- Speak with your GCSE PE Teacher to ensure you are on task and if you have any questions
- Do not be afraid to adapt your training programme each week or in your evaluation say how you have not improved. You are marked on your evaluative skills not your performance.