



PHYSICAL EDUCATION GCSE

at Tolworth Girls School

IF YOU CAN ANSWER YES TO ANY OF THESE QUESTIONS...

- Do you play sport or do dance outside of school regularly?
- Do you regularly go to PE Clubs after school?
- Do you go to the gym and are interested in improving your fitness?
- Do you like science?
- Do you want want to learn more about why and how people exercise?

...THEN PE WOULD BE A GOOD CHOICE FOR YOU

GCSE-THEORY & PRACTICAL

- THEORY: worth 70%
- PRACTICAL: worth 30%
- There is **MORE THEORY** than practical in GCSE PE



▪ Applied Anatomy and Physiology

- Bones & Joints
- Muscles
- Structure of the heart
- Mechanics of breathing

▪ Movement Analysis

- Biomechanics
- Levers, planes and axis

▪ Physical Training

- Components of fitness
- Fitness Testing (you will have to do the bleep test!)
- Circuit Training

▪ Use of Data

- Graphs, surveys and questionnaires

• Sports Psychology

- Goal setting and SMART Targets
- Information Processing
- Personality

• Socio-cultural Influences

- Sponsorship
- Media
- Technology
- Drugs in Sport

• Health, Fitness and Well-being

- Why people take part in sport
- Body Types
- Diet & Nutrition

ASSESSMENT

Theory (70%)

- **2 written exams** at the end of Year 11
- Each paper lasts 1 hour 15mins
- Each paper is worth 78 marks
- **1 piece of coursework** – Analysis and Evaluation (25 marks)

Practical (30%)

- **3 practical activities** – Examiner comes in at the end of Year 11 to watch you perform
- 1 team, 1 individual, 1 more from either category (each is worth 25 marks)

PRACTICAL- YOU HAVE TO DO 3 DIFFERENT SPORTS

One Team Sport

- Football
- Basketball
- Cricket
- Hockey
- Netball
- Rowing
- Rugby
- Volleyball

One Individual Sport

- Athletics
- Badminton
- Canoeing / Kayaking
- Cycling
- Dance
- Golf
- Gymnastics
- Equestrian (Horse Riding)

- Rock Climbing
- Skiing
- Swimming
- Squash
- Table Tennis
- Tennis
- Trampolining
- Cross country
- Sailing

Plus 1 more activity – You can choose if it is an individual or a team sport



PHYSICAL EDUCATION BTEC SPORT

at Tolworth Girls School

BTEC SPORT-THEORY & PRACTICAL

- THEORY: worth 75%
- PRACTICAL: worth 25%
- There is **MORE THEORY** than practical in BTEC Sport



WHAT WILL YOU LEARN?

- **Unit 1: Fitness for Sport and Exercise (exam)**
- **Unit 2: Practical Performance in Sport (coursework)**
- **Unit 3: Applying the principles of personal training (coursework)**
- **Unit 6: Leading Sports Activities (coursework)**



I REALLY LIKE PE BUT DON'T WANT TO TAKE IT AS AN EXAM

- You will still continue to do your 1 hour a week PE practical lessons
 - Netball
 - Badminton
 - Handball
 - Fitness
 - Rounders
 - Athletics

REMEMBER....

- If you would like to know more or unsure whether you would be a suitable candidate for GCSE PE speak to Miss Murphy or your PE teacher

