



PHYSICAL EDUCATION (Option)

Examination Board: Edexcel

Assessment Pattern: The course is composed of two units.

Unit 1 is externally assessed through a written paper of 1 hour and 30 minutes. This will contribute a maximum of 40% towards the total marks

Unit 2 is composed of two sections:

Section 1 – Four practical performances in the role of either player/participant, leader or official. This will contribute 48% of the marks from four performances, two of which may be in the role of leader or official.

Section 2 – Analysis of performance in one of the chosen activities. This will be worth 12% of the marks and should include planning, performing and evaluating a Personal Exercise Programme.

Course Description: The aims of the course are:

- To develop and apply knowledge, skills and understanding of physical education through selected practical activities
- To develop knowledge and understanding of the different factors that affect participation and performance and demonstrate their relationship
 - To understand the rules and conventions in selected activities
- To promote understanding of the health benefits and risks associated with taking part in physical activity
- To develop the skills necessary to analyse and improve performance
- To support personal and social development
- To promote physical activity and healthy lifestyles
- To develop positive attitudes, fair play, and consideration for others and the environment

The theoretical course consists of exercise and training, safety aspects and risk assessment in Physical Activity and sport, Applied Anatomy and Physiology.

For further information:

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