

# **GCE PHYSICAL EDUCATION**

Edexcel Examination Board

## **Why choose GCE Physical Education?**

Edexcel's Advanced Subsidiary and Advanced GCE in Physical Education seek to develop the student's knowledge, understanding, skills and application for physical education and sport.

Students will have the chance to take on the roles of 'performer', 'leader', or 'official' at AS, before focusing on one of these roles at A2.

In the context of their chosen roles they will;

- review their current participation in physical activity
- identify opportunities locally, nationally and internationally for them to advance their participation in physical activity
- create a development plan and life plan for their participation in physical activity
- learn about sport, from the grass roots to the elite level, and the development of competitive sport.
- Learn about healthy lifestyles, fitness, training and preparation for sports performance

## **REQUIREMENTS FOR GCE PHYSICAL EDUCATION**

It is advisable, but not essential, to have studied Physical Education at GCE LEVEL.

Students must be participating in at least one sporting activity at a good level and must be willing to dedicate time to enhancing performance or coaching outside of the curriculum.

Students must have a competent level of written English.

# GCE PHYSICAL EDUCATION; COURSE CONTENT

## ADVANCED SUBSIDIARY

UNIT 1      Participation in Sport and Recreation  
50% AS/ 25% GCE

### Section 1

Student's will learn ;

- about healthy and active lifestyles
- how the body responds and adapts to exercise
- how to test using recognised fitness tests
- about appropriate training methods

### Section 2

Student's will learn;

- how their knowledge and understanding of competitive sport has developed over time
- how a lifelong involvement in sport is encouraged.

### Assessment

Written examination; 1 hour 30 minutes; externally assessed.

UNIT 2;      The Critical Sports Performer

50% AS/ 25% GCE

Students will investigate and research **four tasks**;

- Students will have the chance to develop their performance in **two** chosen roles from a choice of **three** (performer, leader and official) and record their performance over a period of time.
- They will then undertake a study into the provision of all **three** roles at a local level, followed by a study of the provision for one role at national level.
- Students will produce an analysis of their performance in the first task

### Assessment

This unit is **internally assessed** with a portfolio of evidence from the **four tasks**.

UNIT 3;      Preparation for Optimum Sports Performance

50% A2 marks/ 25% GCE

Students will develop a knowledge and understanding of the short and long - term physiological and psychological preparations made by elite athletes.

They will consider the short and long – term technical preparations required, eg. selection of appropriate kit and equipment, the use of training camps, different types of ergonomic aids.

### Assessment

2 hour externally marked examination.

UNIT 4; The Developing Sports Performer

50% A2 marks / 25% GCE

Following on from Unit 2; The Critical Sports Performer students **specialise** in **one practical performance role** and aim to progress to the highest level.

Students undertake **three** further tasks.

Students will construct a development plan to progress their performance as **performers, leaders or officials**.

They will research **one** of these roles in an **international** context, taking in grassroots participation, elite performance and other factors.

Students continue to refine their performance in **one** chosen role.

Finally students will outline a **future 'timeline'** through school, college, university, club, veterans and future.

### Assessment

Students must undertake **four** tasks for assessment.

These tasks are both **internally** and **externally** marked with evidence on the student's own CD portfolio.

For further information see: Mrs A Lovell