Queen Elizabeth High School

GSCE Physical Education

Examination Board: Edexcel

Specification Code: GCSE: 2PE01

Value: 1 x GCSE, graded 9-1

Assessment: 70% examination, 30% practical

Revision Guide: GCSE: Physical Education. Unit 1 Theory of PE 5PE01 & E03)

Available Places: 20 places available.

What will you learn and how will you use it?

You will have the opportunity to develop your knowledge of how to lead a healthy, active lifestyle. You will learn about fitness and body systems including anatomy and physiology, health and performance and sports psychology. You will also develop, analyse, monitor and evaluate a personal exercise programme.

Students will explore the components of a balanced healthy lifestyle, including: how, and why, people take part in physical activity, exercise and fitness and personal health and wellbeing and sports psychology. Students will also investigate the impact of Physical Education on the human body. They will develop their knowledge and understanding of how a healthy and active lifestyle contributes to the growth and development of body systems and structures.

Who should consider Examination Physical Education?

Students who participate in competitive sport for the school and for at least one sports team/club outside of school. Minimum of a grade 5 in science by the end of year 9. Students who wish to study this course must be designated as appropriate by the subject teacher.

What further study can you go on to after completing the course?

Examination Physical Education will allow progression to higher level qualifications, such as AS/A Level Physical Education and vocationally-focused qualifications, such as BTEC Firsts and Nationals in Sport or Sport and Exercise Sciences.

What are the employment opportunities from following this course?

This course can be used as an entry into a range of professions, such as a personal fitness trainer, a professional sports coach or a teaching career. It can also lead on to careers in the Armed Forces and emergency services.

For more details about GCSE Physical Education please talk to Mr Day.