

Component 2: Health and Performance

Written examination: 1 hour and 15 minutes (24% of the qualification), 70 marks.

The assessments consist of multiple-choice, short-answer, and extended writing questions.

Component 3: Practical Performance

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

Students will complete three physical activities from a set list.

Component 4: Personal Exercise Programme (PEP)

Non-examined assessment: internally marked and externally moderated (10% of the qualification), 20 marks.

Students will analyse and evaluate their performance through designing, completing and evaluating a personal exercise programme to improve a component of fitness.

Subject Content

The theory component includes the following topics: -

- Applied Anatomy and Physiology
- Movement Analysis
- Physical Training
- Health, Fitness and Well-being
- Sport Psychology
- Socio-Cultural Influences

The Practical component involves being assessed from the list of sports in:-

- One team activity
- One individual activity
- One activity of your choice, either team or individual
- Design, completion and evaluation of a Personal Exercise Programme (PEP)

You will be assessed in skills and competition in all activities

Progression Routes

GCSE PE links to higher level qualifications, such as the A Level in Physical Education, and related vocationally-focused qualifications, such as BTEC Firsts and Nationals in Sport or Sport and Exercise Sciences. A Level Physical Education can be studied here at Tarpoley.