

GCSE Physical Education



Why Should I Study GCSE PE?

- You have a passion for sport and want to explore it further.
- You participate in sport outside of school and attend extra curricular clubs within school.
- You want to explore the theoretical component of physical education.



What Will I Study?

In theory :

- *Anatomy and Physiology.*
- *Exercise Physiology.*
- *Movement Analysis.*
- *Physical Training.*
- *Sport Psychology.*
- *Diet.*
- *Performance Enhancing Drugs.*
- *Socio- Cultural Influences.*

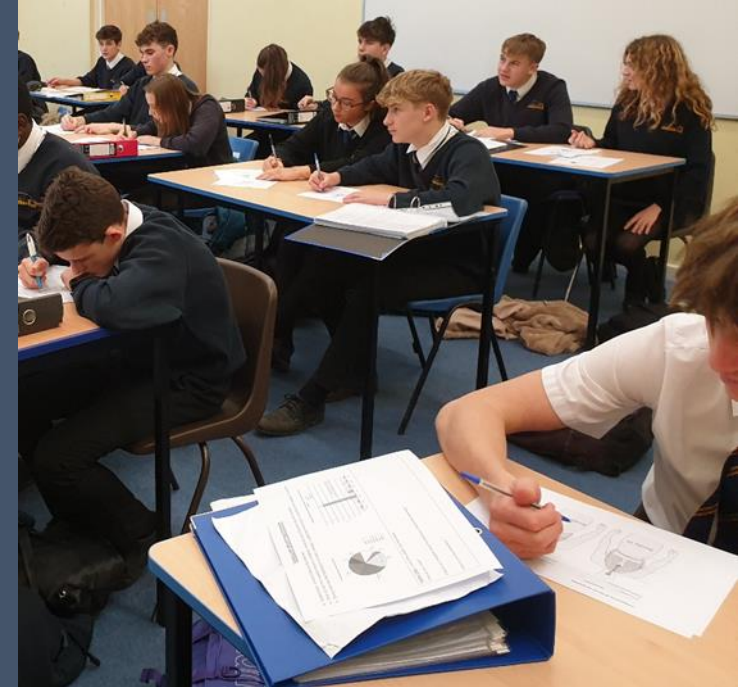
In Practical:

- *Climbing*
- *Fitness*
- *Rugby*
- *Hockey*
- *Netball*
- *Athletics*
- *Handball*
- *Trampolining*



What Will PE Lessons Be Like?

- 3 theory lessons and 2 practical lessons a week.
- Theory will be delivered via one double lesson and one single lesson per week.
- Practical covers a range of sports, where students will be assessed.



Please check the examination details below before entering your candidate information

Card-date surname: _____ OCR s- names: _____

Centre Number: _____ Candidate Number: _____

Pearson Edexcel
Level 1/Level 2 GCSE (9-1)

Wednesday 13 May 2020

Afternoon (Time: 1 hour 45 minutes) Paper Reference **1PE0/01**

Physical Education
Component 1: Fitness and Body Systems

You do not need any other materials.

Total Marks: _____

Instructions

- Use **black** ink or ball-point pen.
- Fill in the **boxes** at the top of this page with your name, centre number and candidate number.
- Answer **all** questions.
- Answer the questions in the spaces provided – there may be more space than you need.

Information

- The total mark for this paper is 90.
- The marks for **each** question are shown in brackets – use this as a **guide** as to how much time to spend on each question.

Advice

- Read each question carefully before you start to answer it.
- Try to answer **every** question.
- Check your answers if you have time at the end.

How Will I Be Assessed?

Written exam one: Fitness and Body Systems.
1 hour 30 minutes. 36% of the qualification.

Written exam two: Health and Performance.
1 hour 15 minutes. 24% of the qualification.

Practical Performance: 3 sports: 1 team activity, 1 individual activity and 1 free choice.
30% of the qualification.

Coursework: 6 week personal exercise program.
10% of the qualification



Practical sports

2 Team activities

Acrobatic Gymnastics*
Association Football
Badminton
Basketball
Hurling and Camogie
Cricket
Dance
Field Hockey
Figure Skating*
Futsal*
Gaelic Football
Handball
Ice Hockey*
Inline/Roller Hockey*
Lacrosse
Netball
Rowing
Rugby League
Rugby Union
Sailing*
Sculling*
Squash
Table Tennis
Tennis
Volleyball
Water Polo*

1 Team

1 Individual

1 Free choice

3 Individual activities

Amateur Boxing
Athletics – Field Events
Athletics – Track Events
BMX Cycling*
Canoeing
Track Cycling
Road Cycling
Diving
Figure Skating*
Golf
Gymnastics
Equestrian
Kayaking
Rock Climbing
Sailing*
Sculling
Skiing
Snowboarding
Swimming
Trampolining
Windsurfing*

Most Common

- 1 Team
- 1 Individual
- 1 Free choice

2 Team activities

Acrobatic Gymnastics*

Association Football

Badminton

Basketball

Hurling and Camogie

Cricket

Dance

Field Hockey

Figure Skating*

Futsal*

Gaelic Football

Handball

Ice Hockey*

Inline/Roller Hockey*

Lacrosse

Netball

Rowing

Rugby League

Rugby Union

Sailing*

Sculling*

Squash

Table Tennis

Tennis

Volleyball

3 Individual activities

Amateur Boxing

Athletics – Field Events

Athletics – Track Events

BMX Cycling*

Canoeing

Track Cycling

Road Cycling

Diving

Figure Skating*

Golf

Gymnastics

Equestrian

Kayaking

Rock Climbing

Sailing*

Sculling

Skiing

Snowboarding

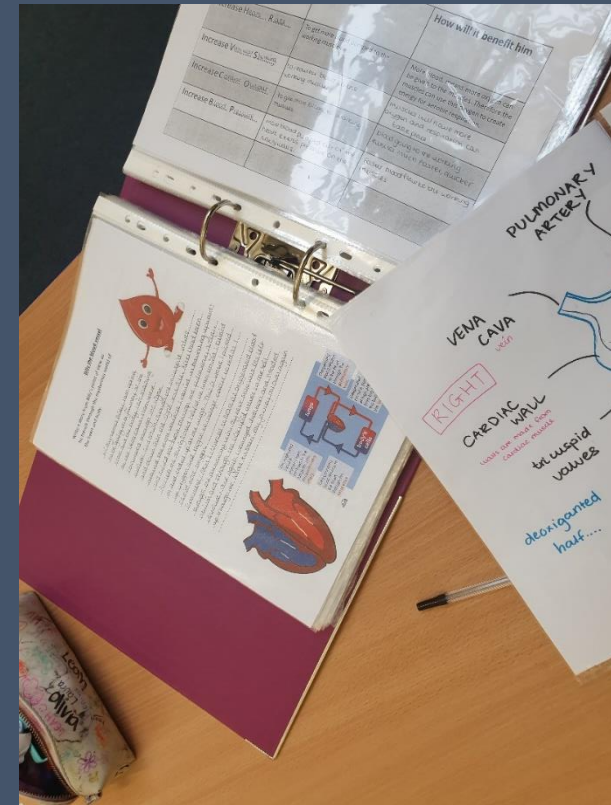
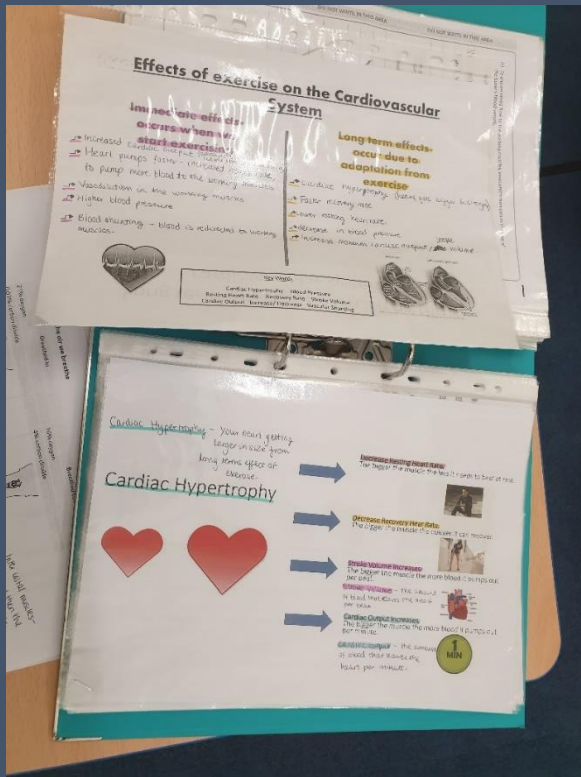
Swimming

Trampolining

Windsurfing*

Includes
cross country

What Does Work Look Like In Physical Education?



What do exam questions look like?

11 Dexter plays basketball.

A basketball game is played at different intensities. Dexter's body uses different muscle fibre types as the intensity of the play increases and decreases.

Figure 6 shows three different intensities of play in basketball.



Figure 6

Evaluate the importance of **three** different muscle fibre types during the different intensities of play in **Figure 6**.

(9)

10 Some athletes risk being banned from their sport by taking performance-enhancing drugs (PEDs).

Complete **Table 8** by:

- (a) Stating a sport or physical activity where the effects of the PED would be an advantage.
- (b) Stating an advantage of the PED to a performer in that sport or physical activity.

Performance-enhancing drug (PED)	(a) Sport or physical activity where effect of PED would be an advantage	(b) Advantage to performer in that sport or physical activity
Erythropoietin (EPO)	(1)	(1)
Anabolic steroids	(1)	(1)

Table 8

(Total for Question 10 = 4 marks)

How Do I Find Out More Details?



- Speak to: Mr Dodson or Miss Hedges
- Email dodsons@wallingfordschool.com
hedgese@wallingfordschool.com
- Speak to older students who are already taking the course