

Year 8 Choices

GCSE PE



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Course breakdown

- Theory = 60%
- Practical performance = 30%
- Coursework element (PEP) = 10%



Theory = 60%

- 2 x written examinations
- 1 x 1hr 45 mins – Fitness and Body systems
- 1 x 1hr 15 mins – Health and Performance



Fitness & Body Systems

- Cardiovascular system
- Respiratory system
- Muscular system
- Skeletal system

**The importance of all these systems in terms of sporting performance*

- Components of fitness
- Training methods and training programmes



Health & Performance

- Physical, emotional and social health
- Sedentary lifestyle and Nutrition
- Classification of skills
- SMART targets
- Types of feedback for improving performance
- Commercialisation and social cultural issues in sport

Practical performance = 30%

- 3 x sports (from a set list)
- 1 x team sport = 10%
- 1 x individual sport = 10%
- 1 x either team or individual = 10%



Coursework element = 10%

Planning, performing and evaluating a Personal Exercise Programme (PEP) in one activity from the set sports list



Skills learned



Develop ability to demonstrate knowledge and understanding in the theory context (A01)

Ability to apply this knowledge in a theory context using sporting examples (A02)

Learn how to analyse and evaluate content and information in a theory context related to sporting performance (A03)

Develop knowledge and ability to create and evaluate your own training programme

Consolidate and improve your physical skills in traditional sports available to us in school

Application & expectations



Allocated timetabled lessons

Train for your 3 chosen sports as early as you can to develop the necessary skills and competitive experience

Attend sports clubs in and out of school

All the success criteria for all the sports can be found on the SLE should you want to explore in a little more detail

Career Progression

- Further Education – A levels, L3 Sport and University
- Personal Trainer and Fitness Industry
- PE Teacher
- Sports Rehabilitation
- Sports Coaching
- Sports Leisure Management
- Sports Media
- Sports Nutrition
- Sports & Business
- Sports Psychology

To name but a few...

