



**KEEP  
CALM  
AND  
TAKE  
GCSE PE**



# WHICH ATHLETE IS THE FITTEST?



# HOW DOES THE ATHLETE JUMP OVER 17 METRES?



PERFORMANCE ANALYSIS

17

Rio 2016

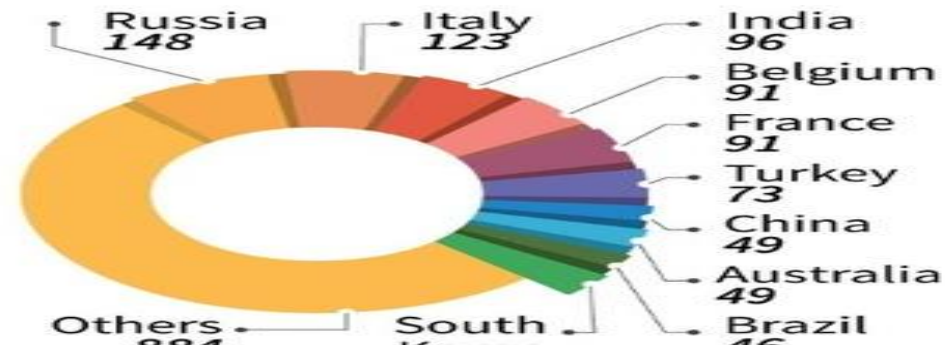
# WHY DO SOME SPORT PERFORMERS TAKE PERFORMANCE ENHANCING DRUGS?



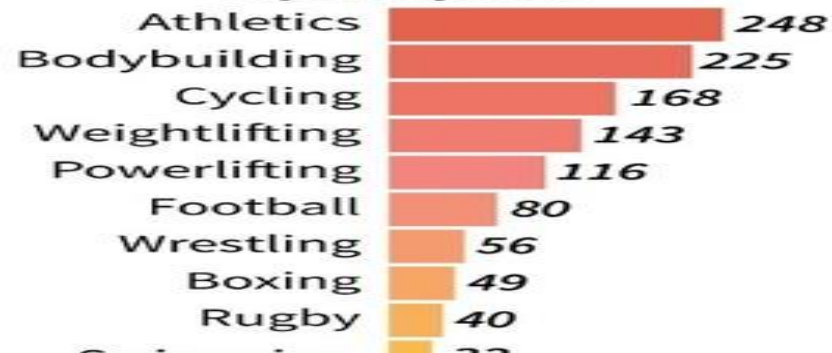
**Drugs in sport**  
World Anti-Doping Agency says 1,693 doping violations in 2014



## Top 10 nations



## Top 10 sports





You will have a **very keen interest in sport, exercise and training**

You will enjoy exercise and training and want to **Improve your levels of fitness**

You will want to work with us in **after school sporting events**

You will have an interest in learning about the **science of the body systems**

You will be looking forward to **an extra 3 hours in the PE department but not always on the Astroturf**

You will enjoy the **challenge of examinations**



**WHY CHOOSE GCSE PE?**

# WHAT WILL I STUDY IN GCSE PE?



# YOU WILL LEARN HOW TO DESIGN A PERSONAL EXERCISE PROGRAMME

10%

























# YOU WILL NEED TO BECOME AN **EXPERT** IN 3 SPORTS





# How will you be assessed in GCSE PE

Component	Assessment	Content overview
<b>Component 1:</b> Fitness and Body Systems	 Written examination: 1 hour and 45 minutes  36% of the qualification	 Topic 1: Applied anatomy and physiology  Topic 2: Movement analysis  Topic 3: Physical training  Topic 4: Use of data
<b>Component 2:</b> Health and Performance	 Written examination: 1 hour and 15 minutes  24% of the qualification	 Topic 1: Health, fitness and well-being  Topic 2: Sport psychology  Topic 3: Socio-cultural influences  Topic 4: Use of data
<b>Component 3:</b> Practical Performance	Non-examined assessment: internally marked and externally moderated  30% of the qualification  105 marks, (35 marks per activity)	 One team activity, one individual activity and a free choice from the list published by the DfE  Skills in isolation  Skills in a competitive/formal situation
<b>Component 4:</b> Personal Exercise Programme (PEP)	Non-examined assessment: internally marked and externally moderated  10% of the qualification  20 marks	 Aim and planning analysis  Carrying out and monitoring the PEP  Evaluation of the PEP



So is GCSE PE still the right choice for you?



**DREAMS ARE FREE. GOALS HAVE A COST.**  
WHILE YOU CAN DAYDREAM FOR FREE,  
**GOALS DON'T COME WITHOUT A PRICE.**  
**TIME, EFFORT, SACRIFICE, AND SWEAT.**  
HOW WILL YOU PAY FOR YOUR GOALS?

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THERE IS NO ELEVATOR  
TO SUCCESS.  
YOU HAVE TO  
TAKE THE STAIRS.