

## GCSE PE Content Breakdown

<p><b><u>Component 1:</u></b></p> <p>Fitness and Body Systems</p>	<p><b><u>Content overview:</u></b></p> <p>Applied anatomy and physiology          Movement analysis          Physical training          Use of data</p>	<p><b><u>Written examination:</u></b></p> <p>1 hour and 45 minutes          36% of the qualification          90 marks</p>
<p><b><u>Component 2:</u></b></p> <p>Health and Performance</p>	<p><b><u>Content overview:</u></b></p> <p>Health, fitness and well-being          Sport psychology          Socio-cultural influences          Use of data</p>	<p><b><u>Written examination:</u></b></p> <p>1 hour and 15 minutes          24% of the qualification          70 marks</p>
<p><b><u>Component 3:</u></b></p> <p>Practical Performance</p>	<p><b><u>Content overview:</u></b></p> <p>Skills during individual and team activities          General performance skills</p> <p>The assessment consists of three physical activities:</p> <p>One must be a team activity.          One must be an individual activity.          The final activity can be a free choice.</p>	<p><b><u>Non-examined assessment:</u></b></p> <p>Internally marked and externally moderated          30% of the qualification          90 marks (30 marks per activity)</p>
<p><b><u>Component 4:</u></b></p> <p>Personal Exercise Programme (PEP)</p>	<p><b><u>Content overview:</u></b></p> <p>Aim and planning analysis          Carrying out and monitoring the PEP          Evaluation of the PEP</p>	<p><b><u>Non-examined assessment:</u></b></p> <p>Internally assessed, externally moderated          10% of the qualification          20 marks</p>