West Norfolk Academies Trust

Physical Education GCSE Learning Journey

Edexcel Exam board

Practical Moderation

Topic 2 - Movement Analysis
Levers, Planes & Axis

Topic 3 - Socio-cultural influences
Commercialisation

Topic 2 - Sport Psychology
Socio-Cultural Issues

Assessment

Topic 2 - Sport Psychology
Feedback & Mental Preparation

Topic 2 - Sport Psychology
Guidance

Year 11 PPE 2

Topic 2 - Sport Psychology
Goal Setting and Practice

Topic 2 - Sport Psychology
Classification of Skill

Assessment

Topic 1 - Health, Fitness and Wellbeing:
Energy Use, Diet and Nutrition

Topic 1 - Health, Fitness and Wellbeing:
Wellbeing and Lifestyle Choices

Year 11 PPE 1 - Paper 1

Topic 1 - Health, Fitness and Wellbeing:
Health and Fitness

11

End of Year 10 Exam

Topic 3 - Physical Training:
Performance Enhancing Drugs

Personal Exercise Program - Coursework - 6 Weeks Training Program

Topic 3 - Physical Training:
Methods of Training

Topic 3 - Physical Training:
Principles of Training

Assessment

Topic 3 - Physical Training:
Injuries in Sport

Topic 3 - Physical Training:
Fitness Test

Topic 3 - Physical Training:
Components of Fitness

Assessment

Topic 1 - Anatomy and physiology:
The Effects of Exercise

Topic 1 - Anatomy and physiology:
Anaerobic v Aerobic

Year 10 Exam 1

Topic 1 - Anatomy and physiology:
Respiratory System

Topic 1 - Anatomy and physiology:
Cardiovascular System

Assessment

Topic 1 - Anatomy and physiology:
Muscular System

Topic 1 - Anatomy and physiology:
Skeletal System

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Paper 1 - 1 hour 30 minutes
Fitness and Body Systems
80 marks - 36%

Paper 2 - 1 hour 15 minutes
Health and Performance
60 marks - 24%

PEP -
Coursework
20 marks - 10%

Practical
Sports Assessment
105 marks (35 marks per sport) **- 30%**