## GCSE PE

<table>
<thead>
<tr>
<th>GCSE / Equivalency value</th>
<th>1 GCSE</th>
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<tbody>
<tr>
<td>Assessment</td>
<td>60% Assessment of Practical Skills</td>
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| Topics of Study          | **Pupils will study the following topics:**  
                          | Healthy active lifestyles  
                          | Influences on your healthy, active lifestyle  
                          | Exercise and fitness as part of your healthy, active lifestyle  
                          | Physical activity as part of your healthy, active lifestyle  
                          | Your personal health and wellbeing  
                          | Physical activity and your healthy mind and body  
                          | A healthy, active lifestyle and your cardiovascular system  
                          | A healthy, active lifestyle and your respiratory system  
                          | A healthy, active lifestyle and your muscular system  
                          | A healthy, active lifestyle and your skeletal system  
                          | **Pupils will also take part in the following:**  
                          | Mountain Biking  
                          | Kayaking  
                          | Climbing  
                          | Fitness  
                          | Football  
                          | Netball  
                          | Rounders  
                          | Badminton  
| Homework                 | Pupils are encouraged to complete the revision booklets they are issued with. |
| Parental Support         | Parents can assist their children by checking that pupils are up-to-date with coursework and that they are stretching themselves further by completing work to the highest possible standard. |