

## Physical Education

<b>Year group</b>	11					
<b>Course</b>	GCEE PE					
<b>Exam board Specification</b>	Edexcel					
<b>External assessment</b>	1 hour 30 minutes exam (May 2017) 40% of final mark. Controlled Assessment (Practical Performance) 60% of final mark.					
<b>Course content</b>	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>	<b>Term 5</b>	<b>Term 6</b>
	Healthy Active Lifestyle  Influences on participation  Participation Pyramid	Opportunities and pathways in sport  Health exercise and fitness  Components of fitness/ fitness testing	Principles of training  SMART targets  Exercise PARQ	Methods of training  Diet  Body types	Drugs in sport  Injuries  Cardiovascular system	Respiratory system  Skeletal system  Muscular System
<b>Useful websites</b>	<a href="http://www.brianmac.co.uk/trainprog">www.brianmac.co.uk/trainprog</a> <a href="http://www.livestrong.com/fitness">www.livestrong.com/fitness</a> <a href="http://www.sport-fitness-advisor.com">www.sport-fitness-advisor.com</a> <a href="http://www.gcsebitesize.co.uk">www.gcsebitesize.co.uk</a> <a href="http://www.twitter.com/pe_revisewise">www.twitter.com/pe_revisewise</a>					