



5<sup>th</sup> September 2025

**Dear Parent/Carer,**

**RE: Edexcel GCSE Physical Education – Course Outline and Expectations**

We are absolutely delighted that your child has chosen to study GCSE Physical Education. It is a fantastic subject that not only develops knowledge of the body and mind in sport, but also encourages lifelong healthy habits, discipline, and teamwork. We are confident that with the right attitude and commitment, they will thrive in both the practical and theoretical aspects of the course.

We are writing to provide you with an overview of the Edexcel GCSE Physical Education (PE) course that your child has now embarked on, as well as to outline the key expectations that will help support their success throughout the course.

**GCSE PE Course Overview (Edexcel Specification)**

GCSE Physical Education is assessed through a combination of written examination, practical performance, and coursework. The course is structured as follows:

**Component 1: Fitness and Body Systems (36%)**

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

*Assessed through a 1 hour 30 minute written exam.*

**Component 2: Health and Performance (24%)**

- Health, fitness and well-being
- Sport psychology
- Socio-cultural influences
- Use of data

*Assessed through a 1 hour 15 minute written exam.*

**Component 3: Practical Performance (30%)**

- Students are assessed in **three different sports**: one individual, one team, and one of either.
- Each sport is marked out of 35, for a total of 105 marks.
- Activities must meet national curriculum guidelines and show advanced-level skills in competitive settings.

**Component 4: Personal Exercise Programme (PEP) (10%)**

- Students design, carry out, and evaluate their own training programme to improve performance in one of their chosen sports.

We are part of...

**WENSUMTRUST**



## Alderman Peel High School

Alderman Peel High School  
Market Lane, Wells-next-the-Sea  
Norfolk, NR23 1RB

[www.wensumtrust.org.uk/aldermanpeel](http://www.wensumtrust.org.uk/aldermanpeel)

01328 710 476

[office@aldermanpeel.norfolk.sch.uk](mailto:office@aldermanpeel.norfolk.sch.uk)

### Student Expectations

In order to support progress and success in GCSE PE, we expect all students to:

- **Bring full PE kit to all practical lessons**, even if injured or unwell (students will take on officiating, coaching, or analysis roles if not actively participating).
- **Bring theory exercise books and a pen to every theory lesson** to ensure they are ready to engage with exam content.
- **Attend a minimum of 3 extra-curricular sports clubs** throughout the year to support the development of practical performance for assessment.
- **Engage fully with the Google Classroom** platform, where key lesson materials, announcements, and revision resources are posted regularly.
- **Make full use of The EverLearner platform**, which will be used for independent learning, video tutorials, and exam practice.
- **Complete all homework set via ClassCharts**, meeting deadlines and showing consistent effort.
- **Follow the school's behaviour expectations in all lessons**, showing a positive attitude to learning and respect towards staff and peers.

### How You Can Support Your Child

- Encourage them to participate regularly in school sports clubs and physical activity.
- Monitor ClassCharts for homework tasks and due dates.
- Support them in accessing online learning resources via Google Classroom and EverLearner.
- Talk with them about their practical sport choices and support involvement in sports outside of school if possible.

We are committed to helping your child achieve their full potential in GCSE PE and are here to support both you and your child throughout the course. If you have any questions or would like more information, please don't hesitate to contact their PE Teacher via email.

Thank you for your continued support.

Yours sincerely,

**Mrs Hardman**  
Assistant Principal / Teacher PE  
[khardman9bru@nsix.org.uk](mailto:khardman9bru@nsix.org.uk)

**Miss Steward**  
Head of PE  
[dsteward7krq@nsix.org.uk](mailto:dsteward7krq@nsix.org.uk)

**Mr Warden**  
Teacher of PE  
[cwarden78rt@nsix.org.uk](mailto:cwarden78rt@nsix.org.uk)

We are part of...

**WENSUMTRUST**

FOR CHILDREN, FAMILIES AND COMMUNITIES