



# Preparing for my **SPORTS SCIENCE** exams

## Which syllabus am I studying?

- Exam board: Edexcel
- Title: GCSE 9-1
- Content:
  - Component 1: Fitness and Body Systems
  - Component 2: Health and Performance
  - Component 3: Practical Performance
  - Component 4: Personal Exercise Programme

## When are the exams and how long are they? What is in the exams?

- All exams take place in the summer of Year 11.
  - There are 2 written papers
  - Component 1: Fitness and Body Systems ( 1.45 hrs – 36%)
  - Component 2: Health and Performance ( 1.15hrs – 24%)
  - The other components are assessed internally and verified by the moderator.
  - Component 3: Practical Performance (3 sports to include individual and team sports) (30%)
  - Component 4: Personal Exercise Programme (controlled assessment) (10%)

## What do the exams look like?

- An [overview](#) of the exams

## What are the key revision resources that I should be using?

- Use your exercise books as your main revision resources. Further materials will be provided in Year 11.
- You can also use the purple [Edexcel Physical Education Revision Guide and Workbook](#)

## What are some useful websites to help me revise?

The following links are for the BBC Bitesize revision website:

<http://www.bbc.co.uk/education/subjects/znyb4wx>

You can also use the following links:

[tp://mypeexam.org/](http://mypeexam.org/) - Register for an account on this website. You then have full access to YouTube revision clips for every unit on the course. Make sure that you look at the revision clips for Edexcel GCSE Full Course

<http://www.teachpe.com/> - Exam papers and quizzes

<http://www.s-cool.co.uk/gcse/pe/>

<http://qualifications.pearson.com/en/qualifications/edexcel-gcse/physical-education->

Examination website with everything that you need to learn and all the past exam papers

[https://www.youtube.com/results?search\\_query=gcse+pe+edexcel](https://www.youtube.com/results?search_query=gcse+pe+edexcel) – Utilise Youtube, there are lots of videos to help with sections of the course that you might be struggling with