



# PE Options 2023

A GREAT  
PLACE  
TO BE A  
PART OF

## CORE PE

Compulsory for everyone

Government guidelines for a healthy, active lifestyle

2 hours over two week timetable

Kit each lesson

Range of activities on offer

## GCSE PE

70% theory – two 1 hour exam papers, 1 piece of course work

30% practical – 3 best sports

5 lessons over the two weeks – 3 theory, 2 practical

Must have strong practical sports / outside participation

## SPORT STUDIES

60% course work (2 units)

40% exam – 1hr 15 mins

5 lessons over the two weeks – theory & practical will change depending on unit

Must have strong practical & communication

## SPORT SCIENCE

60% course work (2 units)

40% exam – 1hr 15 mins

5 lessons over the two weeks – 4 theory, 1 practical

No practical requirements