Information on specification coverage

PE to 16 supports all the GCSE specifications as well as Standard Grade. Teachers with experience of using the *PE to 16* course will already be clear on which parts of the books are of most use in their GCSE course. For convenience, however, the following grid shows where *PE to 16*, 3rd edition covers the different requirements of the AQA, CCEA, Edexcel, OCR and WJEC specifications (revised for first teaching from 2009) and the current Standard Grade knowledge and understanding content.

PE to 16	AQA	CCEA	Edexcel	OCR	WJEC	Standard Grade
Unit 1.1 Health and fitness	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.1 Concepts of health, fitness and skilled performance	1.1.3 Exercise and fitness as part of your healthy, active lifestyle	3.1: 2 Process 3 – Physical and mental capacity: The components of fitness and a healthy, balanced lifestyle	1A: 1 Health and physical fitness	
Unit 1.2 Why exercise?	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.1 Concepts of health, fitness and skilled performance	1.1.1 Healthy, active lifestyles and how they could benefit you	3.1: 3 Reasons for participation (positive)	1A: 1 Health and physical fitness	
Unit 1.3 General or health-related fitness	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.1 Concepts of health, fitness and skilled performance	1.1.3 Exercise and fitness as part of your healthy, active lifestyle	3.1: 2 Process 3 – Physical and mental capacity: The components of fitness and a healthy, balanced lifestyle	1A: 1 Components of health related fitness	
Unit 1.4 Specific or skill-related fitness	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.1 Concepts of health, fitness and skilled performance	1.1.3 Exercise and fitness as part of your healthy, active lifestyle		1A: 1 Components of skill related fitness	
Unit 1.5 Factors affecting fitness	3.1.1(c) Individual Differences	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.2.1 Physical activity and your healthy mind and body (full course only)	3.1: Process 4 – Evaluating and improving: Assessing the body's readiness for exercise and training to plan for sustained involvement in physical activity	1B: Physical influences on health, lifestyle and performance	
Unit 1.6 Somatotyping			1.2.1 Physical activity and your healthy mind and body (full course only)			

Unit 1.7 Getting started – testing stamina		3.1.6 Assessing and monitoring the development of physical health/well-being and peak physical performance	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: Process 4 – Evaluating and improving: Assessing the body's readiness for exercise and training to plan for sustained involvement in physical activity	1A: 1 Evaluation of health and fitness	
Unit 1.8 Getting started – testing fitness		3.1.6 Assessing and monitoring the development of physical health/well-being and peak physical performance	1.1.3 Exercise and fitness as part of your healthy, active lifestyle	3.1: Process 4 – Evaluating and improving: Assessing the body's readiness for exercise and training to plan for sustained involvement in physical activity	1A: 1 Evaluation of health and fitness	

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Unit 2.1 Principles of training (1)	3.1.2(b) Training	3.1.5 Principles for developing physical well-being and physical fitness	1.1.4 Physical activity as part of your healthy, active lifestyle	3.2:3 Exercise and training principles that affect improving health and fitness (full course only)	1A: 1 Health and fitness exercise programmes	2 Area – C: Training and its effects, principles of training
Unit 2.2 Principles of training (2)	3.1.2(b) Training	3.1.5 Principles for developing physical well-being and physical fitness	1.1.4 Physical activity as part of your healthy, active lifestyle	3.2:3 Exercise and training principles that affect improving health and fitness (full course only)	1A: 1 Health and fitness exercise programmes	2 Area – C: Training and its effects, principles of training
Unit 2.3 Energy and energy systems	3.1.1(e) The difference between aerobic and anaerobic exercise (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.4 Physical activity as part of your healthy, active lifestyle		1B: Physical influences on health, lifestyle and performance	2 Area – B: Aspects of fitness, i) physical fitness: cardio-respiratory endurance
Unit 2.4 Thresholds of training	3.1.2(b) Training		1.1.4 Physical activity as part of your healthy, active lifestyle		1B: Physical influences on health, lifestyle and performance	2 Area – C: Training and its effects, principles of training

Unit 2.5 Methods of training (1)	3.1.2(b) Training	3.1.4 Types of exercise and methods of training	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles: Methods of exercise and training programmes for an active, healthy lifestyle	1A: 1 Methods of training	2 Area – C: Training and its effects, methods/ types of training
Unit 2.6 Methods of training (2)	3.1.2(b) Training	3.1.4 Types of exercise and methods of training	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles: Methods of exercise and training programmes for an active, healthy lifestyle 3.2:3 Definitions and examples of aerobic and anaerobic exercise and training (full course only)	1A: 1 Methods of training	2 Area – C: Training and its effects, methods/ types of training
Unit 2.7 Methods of muscle training	3.1.2(b) Training	3.1.4 Types of exercise and methods of training	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles: Methods of exercise and training programmes for an active, healthy lifestyle	1A: 1 Methods of training	2 Area – C: Training and its effects, methods/ types of training

PE to 16	**AQA**	**CCEA**	**Edexcel**	**OCR**	**WJEC**	**Standard Grade**
Unit 3.1 A training programme	3.1.2(b) Training	3.1.10 Exercise and training programmes	1.1.4 Physical activity as part of your healthy, active lifestyle	3.2: 3 Exercise training principles that affect improving health and fitness (full course only)	1A: 1 Evaluation of health and fitness 1A: 1 Application of training	2 Area – C: Training and its effects, methods/ types of training
Unit 3.2 The training session	3.1.2(b) Training	3.1.9 Exercise and training sessions	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: 2 Process 3 – Physical and mental capacity; the importance of the warm up and cool down	A: 1 Application of training	2 Area – C: Training and its effects, warm up, warm down, methods/ types of training, training within activities

Unit 3.3 Your personal exercise programme	3.1.2(b) Training	3.1.10 Exercise and training programmes	1.1.4 Physical activity as part of your healthy, active lifestyle	3.2: 3 Exercise training principles that affect improving health and fitness (full course only)	1A: 1 Application of training	2 Area – C: Training and its effects, methods/ types of training
Unit 3.4 Exercise you can do	3.1.2(b) Training	3.1.10 Exercise and training programmes	1.1.4 Physical activity as part of your healthy, active lifestyle	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles	1A: 1 Application of training	2 Area – C: Training and its effects, methods/ types of training
Unit 3.5 The athlete's year	3.1.2(b) Training (full course only)	3.1.10 Exercise and training programmes			1A: 1 Application of training	

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Unit 4.1 The food your body needs	3.1.2(c) Diet (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.5 Your personal health and well-being	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles; An understanding of the function of the seven essential components of a healthy diet and the contribution diet makes to a balanced, healthy lifestyle	1B: Physical influences on health, lifestyle and performance	
Unit 4.2 A balanced diet	3.1.2(c) Diet (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.5 Your personal health and well-being	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles; Characteristics of a balanced, healthy lifestyle	1B: Physical influences on health, lifestyle and performance	
Unit 4.3 Weight control and fitness	3.1.2(c) Diet (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.2.1 Physical activity and your healthy mind and body	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles; The effects of [over- and under-eating] on performance and participation in physical activity	1B: Physical influences on health, lifestyle and performance	

Unit 4.4 Drugs and sport (1)		3.1.8 Health and safety issues	1.2.1 Physical activity and your healthy mind and body (full course only)	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles; The effects of [performance enhancing drugs] on performance and participation in physical activity	1A: 2 Participation and provision	
Unit 4.5 Drugs and sport (2)		3.1.8 Health and safety issues	1.2.1 Physical activity and your healthy mind and body (full course only)	3.1: 2 Process 5 – Making informed choices about active, healthy lifestyles; The effects of [performance enhancing drugs; smoking; alcohol] on performance and participation in physical activity	1A: 2 Participation and provision	
Unit 4.6 Hygiene and foot care	3.1.1(d) The demands of performance: injury (full course only)	3.1.8 Health and safety issues	1.2.1 Physical activity and your healthy mind and body (full course only)	3.2: 3 How to reduce risks and injuries (full course only)	1B: Physical influences on health, lifestyle and performance	
Unit 4.7 Risk assessment	3.1.1(d) The demands of performance: injury (full course only)	3.1.8 Health and safety issues	1.2.1 Physical activity and your healthy mind and body (full course only)	3.2: 3 How to reduce risks and injuries (full course only)	1B: Physical influences on health, lifestyle and performance	

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Unit 5.1 Bones		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development of the skeletal system and its role in physical activity (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, body structure
Unit 5.2 The functions of the skeleton	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development of the skeletal system and its role in physical activity (full course only)		2 Area – A: Structure and function, body structure
Unit 5.3 Bone growth		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development of the skeletal system and its role in physical activity (full course only)		

Unit 5.4 Different kinds of joints		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle (full course only)		2 Area – A: Structure and function, joints
Unit 5.5 Movement	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, joints, movement at a hinge joint
Unit 5.6 Synovial joints		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle (full course only) 3.2: 2 Role and function of tendons (full course only)		2 Area – A: Structure and function, joints, movement at a hinge joint

Unit 5.7 Bone and joint injuries (1)		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle (full course only) 3.2: 2 Role and function of tendons (full course only)		
Unit 5.8 Bone and joint injuries (2)		3.1.7 The effects of exercise and training and physical activity on the body	1.2.5 A healthy, active lifestyle and your skeletal system (full course only)	3.2: 2 The development and maintenance of healthy joints and the ways in which different types of joints affect participation and performance in an active, healthy lifestyle (full course only)		

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Unit 6.1 Different kinds of muscle		3.1.7 The effects of exercise and training and physical activity on the body	1.2.4 A healthy, active lifestyle and your muscular system (full course only)	3.2: 2 Understanding the muscular system in relation to physical performance (full course only)		2 Area – A: Structure and function, body structure
Unit 6.2 The muscular system		3.1.7 The effects of exercise and training and physical activity on the body	1.2.4 A healthy, active lifestyle and your muscular system (full course only)	3.2: 2 Understanding the muscular system in relation to physical performance (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, body structure
Unit 6.3 Muscles and movement	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.7 The effects of exercise and training and physical activity on the body	1.2.4 A healthy, active lifestyle and your muscular system (full course only)	3.2: 2 Understanding the muscular system in relation to physical performance (full course only)		2 Area – A: Structure and function, body structure, joints

Unit 6.4 Muscles and exercise	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.7 The effects of exercise and training and physical activity on the body	1.2.4 A healthy, active lifestyle and your muscular system (full course only)	3.2: 2 Understanding the muscular system in relation to physical performance (full course only)	1B: Physical influences on health, lifestyle and performance	
Unit 6.5 Muscles and flexibility training	3.1.2(a) Health, fitness and a healthy active lifestyle	3.1.7 The effects of exercise and training and physical activity on the body	1.2.4 A healthy, active lifestyle and your muscular system (full course only)	3.2: 2 Understanding the muscular system in relation to physical performance (full course only)		2 Area – C: Training and its effects; Area – B, i) physical fitness, flexibility

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Unit 7.1 The heart		3.1.7 The effects of exercise and training and physical activity on the body	1.2.2 A healthy, active lifestyle and your cardiovascular system (full course only)		1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, oxygen transportation
Unit 7.2 The heart and exercise		3.1.7 The effects of exercise and training and physical activity on the body	1.2.2 A healthy, active lifestyle and your cardiovascular system (full course only)	3.2: 3 Short term effects of an active, healthy lifestyle (full course only) 3.2: 3 Long term effects of an active, healthy lifestyle (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, oxygen transportation
Unit 7.3 Blood		3.1.7 The effects of exercise and training and physical activity on the body	1.2.2 A healthy, active lifestyle and your cardiovascular system (full course only)	3.2: 3 Short term effects of an active, healthy lifestyle (full course only)		2 Area – A: Structure and function, oxygen transportation
Unit 7.4 What's in blood		3.1.7 The effects of exercise and training and physical activity on the body	1.2.2 A healthy, active lifestyle and your cardiovascular system (full course only)			2 Area – A: Structure and function, oxygen transportation
Unit 7.5 What blood does		3.1.7 The effects of exercise and training and physical activity on the body	1.2.2 A healthy, active lifestyle and your cardiovascular system (full course only)		1B: Physical influences on health, lifestyle and performance	

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Unit 8.1 The respiratory system		3.1.7 The effects of exercise and training and physical activity on the body	1.2.3 A healthy, active lifestyle and your respiratory system (full course only)	3.2: 3 Short term effects of an active, healthy lifestyle (full course only) 3.2: 3 Long term effects of an active, healthy lifestyle (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, oxygen transportation
Unit 8.2 Effects of exercise on the respiratory system		3.1.7 The effects of exercise and training and physical activity on the body	1.2.3 A healthy, active lifestyle and your respiratory system (full course only)	3.2: 3 Long term effects of an active, healthy lifestyle (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – A: Structure and function, oxygen transportation
Unit 8.3 Summary of training effects		3.1.7 The effects of exercise and training and physical activity on the body	1.2.1 to 1.2.5 A healthy, active lifestyle [summary] (full course only)	3.2: 3 Definitions and examples of aerobic and anaerobic exercise and training (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – B: Aspects of fitness, i) physical fitness

PE to 16	AQA	CCEA	Edexcel	OCR	WJEC	Standard Grade
Unit 9.1 Skill in sport	3.1.1(a) Range of activities	3.3(a) (Factors determining the quality and effectiveness of skilled performance)	2.2 Analysis of performance	3.1: 2 Process 4 – Evaluating and improving; The characteristics of skilful movement	1B: Technical and tactical influences on health, lifestyles and performance	3 Area – A: Techniques, skills and techniques
Unit 9.2 Information processing				3.2: 1 The learning of skills through a range of methods (full course only)	1B: Technical and tactical influences on health, lifestyles and performance	3 Area – B: Ways of developing skill, skill learning
Unit 9.3 Learning a new skill		3.3(b) (Level of skill)		3.2: 1 The learning of skills through a range of methods (full course only)	1B: Technical and tactical influences on health, lifestyles and performance	3 Area – B: Ways of developing skill, skill learning
Unit 9.4 Types of feedback		3.3(b) (Level of skill)	2.2 Analysis of performance	3.2: 1 The importance of different types of feedback (full course only)	1B: Technical and tactical influences on health, lifestyles and performance	3 Area – B: Ways of developing skill, feedback

Unit 9.5 Learning, refining and adapting skills		3.3(b) (Level of skill)		3.2: 1 The learning of skills through a range of methods (full course only)	1B: Technical and tactical influences on health, lifestyles and performance	3 Area – B: Ways of developing skill, skill learning, principles of effective practice and refinement
Unit 9.6 Technological developments					1B: Technical and tactical influences on health, lifestyles and performance	

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Unit 10.1 Motivation and goal setting	3.1.1(d) The demands of performance	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities		3.2: 1 The importance of different types of feedback (full course only) 3.2: 1 The importance of goal setting (full course only)	1B: Psychological influences on health, lifestyle and performance	2 Area – B: Aspects of fitness, iii) mental fitness
Unit 10.2 Psychological risk factors	3.1.1(d) The demands of performance	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.1 Healthy, active lifestyles and how they could benefit you	3.2: 2 Mental preparation (full course only)	1B: Physical influences on health, lifestyle and performance	2 Area – B: Aspects of fitness, iii) mental fitness
Unit 10.3 Leadership				3.1 Process 2 – Decision making		

PE to 16	AQA	CCEA	Edexcel	OCR	WJEC	Standard Grade
Unit 11.1 Leisure and the sports participation pyramid	3.1.1(f) Characteristics and benefits of leisure and recreation (full course only)	3.1.3 The impact of exercise and training on balanced, healthy lifestyles and physical fitness	1.1.2 Influences on your healthy, active lifestyle	3.1: 3 Levels of participation in sport and physical activity in a range of roles	1A: 2 Participation and provision	

Unit 11.2 Factors affecting participation	3.1.3(b) Cultural and social factors (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.2 Influences on your healthy, active lifestyle	3.1: 3 Reasons for participation (positive) 3.1: 3 Reasons for participation (negative) 3.1: 3 Specific social, cultural and locational reasons affecting participation	1A: 2 Participation and provision	
Unit 11.3 Further factors affecting participation	3.1.3(b) Cultural and social factors (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.2 Influences on your healthy, active lifestyle	3.1: 3 Specific social, cultural and locational reasons affecting participation	1A: 2 Participation and provision	
Unit 11.4 Provision	3.1.3(b) Cultural and social factors (full course only)	3.1.2 Key influences that impact on balanced, healthy lifestyles and participation in physical activities	1.1.2 Influences on your healthy, active lifestyle	3.2: 4 Reasons for participation and non-participation in physical activities and following an active, healthy lifestyle (full course only)	1A: 2 Participation and provision	
Unit 11.5 PE in school	3.1.3(a) School influences			3.1: 3 School influences on participation 3.2: 4 What schools provide to influence young people to get involved in physical activity as part of a healthy lifestyle (full course only)	1A: 2 Participation and provision	
Unit 11.6 Sport in school	3.1.3(a) School influences		1.1.2 Influences on your healthy, active lifestyle	3.1: 3 School influences on participation 3.2: 4 Current government initiatives to promote active, healthy lifestyles (full course only)	1A: 2 Participation and provision	

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Unit 12.1 Organisations			1.1.2 Influences on your healthy, active lifestyle	3.2: 4 Reasons for participation and non-participation in physical activities and following an active, healthy lifestyle (full course only)		
Unit 12.2 Funding sport			1.1.2 Influences on your healthy, active lifestyle	3.2: 4 Level of participation in sport and physical activity (full course only)	1A: 2 Participation and provision	
Unit 12.3 International sport	3.1.3(d) International and other factors (full course only)					
Unit 12.4 The Olympic Games and 2012	3.1.3(d) International and other factors (full course only)			3.2: 4 Reasons for participation and non-participation in physical activities and following an active, healthy lifestyle (full course only)		

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Unit 13.1 Amateur or professional					1A: 2 Participation and provision	
Unit 13.2 Sponsorship	3.1.3(d) International and other factors			3.2: 4 Level of participation in sport and physical activity (full course only)	1A: 2 Participation and provision	
Unit 13.3 Sport and the media	3.1.3(d) International and other factors		1.1.2 Influences on your healthy, active lifestyle	3.2: 4 Level of participation in sport and physical activity (full course only)	1A: 2 Participation and provision	
Unit 13.4 More about sport and TV	3.1.3(d) International and other factors				1A: 2 Participation and provision	
Unit 13.5 Sporting behaviour	3.1.3(d) International and other factors (full course only)	3.3(b) (Rules and conventions, attitudes and behaviours)	1.2.1 Physical activity and your healthy mind and body (full course only)	3.1: 2 Process 2 – Decision making; Responding appropriately when participating in physical activity	1B: Physical influences on health, lifestyle and performance	1 Area – B: Official/ Formal and unwritten rules, rules, conduct and behaviour