



## The Arts, PE & Technology Faculty

# *Physical Education*

### Subject Intent:

We aim to develop students' physical talent and understanding of movement and wellbeing, and their ability to use these to either perform in a wide range of physical activities, in either individual or group activities, associated with the development of an active and healthy lifestyle. We also aim to develop students' confidence and broad skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the development of positive values and attitudes in PE, providing a good foundation for students' lifelong learning.

### Course Overview:

#### Core PE

##### Key stage 3

All students in KS3 have a minimum of 3 PE lessons over the course of 2 weeks, each of which is an hour long. Each activity lasts for half a term.

Over the Key Stage students will cover the following activities some if not all the activities.

<b>Girls</b>	<b>Boys</b>
Athletics	Athletics
Netball	Football
Badminton	Rugby
Volleyball	Badminton
Hockey	Volleyball
Rounders	Hockey
Trampolining	Softball
Gymnastics	Cricket
Problem solving	Trampolining
Health Related Exercise	Gymnastics
Handball	Problem solving
Dance	Health Related Exercise
Softball	Handball

##### Key stage 4

All students in KS4 have 2 PE lessons over the course of 2 weeks, each of which is an hour long. Each activity lasts for half a term. With the additional option of GCSE PE or OCR Sport Studies

Over the Key Stage students will cover the following activities

<b>Girls</b>	<b>Boys</b>
Athletics	Athletics
Netball	Football
Badminton	Rugby
Volleyball	Badminton
Hockey	Volleyball
Rounders/ Softball	Hockey
Trampolining	Softball/Rounders
Handball	Cricket
Dance	Trampolining

Basketball	Handball
Football	Basketball
Rocket ball/lacrosse	Rocket ball/Lacrosse
Zumba/ Yoga/Pilates etc	Fitness

Key Stage 5

Please see exam based activities within this subject above. However, there is the opportunity to take part in any of the Extra Curriculum opportunities that the PE Department puts on.

## Course Detail:

A list the key content students will cover, broken down into these headings

### Examination course

#### **GCSE PE Edexcel- Key Stage 4**

#### **THEORY – (60%) – End of Year 11**

##### **Component 1 – Fitness and Body Systems**

- 1 hour and 45 minutes examination and is worth 36% overall. This covers the main areas of anatomy and physiology, movement analysis, physical training and use of data

##### **Component 2 – Health and Performance**

- 1 hour and 15 minutes examination and is worth 24% of the qualification. This covers the main areas of health, fitness and well-being, Sports Psychology, social cultural influences and use of data.

##### **Component 3 – Practical Activities – 30% practical performance of 3 activities**

##### **Component 4 - 10% - Personal Exercise Programme**

- This element is a coursework examination developing the student's knowledge and understanding of their fitness levels and how to improve their performance.

#### **How can I use this course after Year 11/ in the future?**

- Students can then study A-Level PE and go on to University to study courses in Sport Science, Sports Engineering, Sports Management, Exercise Science, Physical Education, Physiotherapy or Sports Nutrition.
- There is a wide and varied range of exciting career opportunities linked to this subject. Here are just a few examples: Sports Coaching, Leisure and Tourism, Physiotherapy, Journalism, Coaching, Nutritionist, Sports Psychology and Teaching.

#### **OCR Cambridge National Sport Studies- Key Stage 4**

##### Unit 1 –Contemporary issues in sport

- 1hour exam which is worth 25% overall. This covers the key current issues that impact people taking part in sport e.g. money, media, role models

##### Unit 2 Developing sports skills

- Coursework unit worth 25% overall. This looks performance in an individual and a team sports and officiating a sport.

##### Unit 3 Sport and the Media

- Coursework unit worth 25% overall. This covers the how the media can have positive and negative influences on sports.

##### Unit 4 Sports Leadership

- Coursework unit worth 25% overall. In this unit student, learn about the qualities needed to be a good leader and also plan and lead a small sporting session.

#### **How can I use this course after Year 11/in the future?**

Students can lead on to taking Btec Sport Studies, Coaching or similar such courses and then lead on to university to do courses such as Sport Management, Sports and Leisure, Sports Coaching and Sport Studies.

Beyond University, there are many jobs, which this course can lead into. Jobs such as, Sports Coach, Sports Official, Management, Leisure and Tourism to name but a few.

### **BTEC Level 3 National Extended Certificate in Sport. (EDEXCEL) Key Stage 5**

The qualification provides a broad basis of study for sports. The Extended Certificate is designed to support progression to Higher Education when taken as part of a programme of study that includes other appropriate BTEC Nationals or A levels.

This is a two-year course equivalent in size to one A level (360 Guided Learning Hours). The course consists of four units, of which of them are mandatory and 2 of which are externally assessed (examined units). The Mandatory content makes up 83% and the External assessment makes up 67%.

#### **Mandatory Units**

- Unit 1 Anatomy and Physiology- Written exam- guided learning hours 120
- Unit 7 Practical performance in sport- coursework- guided learning hours 60
- Unit 2 Fitness Training and Programming for Health, Sport and Well-being – Written exam- guided learning hours 120
- Unit 3 Professional Development in the Sports Industry- Coursework- guided learning hours 60

#### **Method of assessment**

- Unit 1 and 2 are both written exams. One exam completed each year in the January
- Units 3&7 are both assessed through coursework. One unit is completed each year.

#### **Career progression:**

This course is good for students considering a higher education in sport and careers in leisure and sports industry. Such as: Sports Therapy, Physiotherapy, Sports Coach, Fitness Instructor, Personal Trainer, Sport Science, Sports Psychology, Nutritionist, Sports Analyst and PE Teacher to name but a few.

## Enrichment Opportunities

### Enrichment opportunities

- As part of MAC experience students will have the opportunity to take part in many sporting activities for their House from cross country to Football or Netball.
- Students are given the opportunity to see professional matches such as Football and Netball
- The Department has an extensive extra- curricular timetable, which is open to all, and additionally we play in local intra school competitions in many sports.

### Useful links

<https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html> □

<https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>

<https://www.ocr.org.uk/qualifications/cambridge-nationals/sport-studies-level-1-2-j803-j813/>