

PHYSICAL EDUCATION - Core



All students in Key Stage Four will have three lessons of Physical Education per week, as in years 7-9. All students will have the opportunity to select a pathway from one of the four options detailed below.

The four courses are:

1. **Full course GCSE Physical Education**
2. **BTEC First Certificate in Sport (equivalent to 2 GCSEs)**
3. **Practical sports activities with a focus on understanding games and sports leadership**
4. **BTEC Dance (depending on numbers)**

Students who take BTEC First Certificate within their core PE lesson also have the opportunity to select **BTEC First Diploma in Sport** in Section B of the options block.

This selection would give the student 6 lessons of Physical Education per week and the possibility of gaining up to the equivalent 4 GCSE grades.

If students want to continue their studies of Physical Education at A/S and A2 they must follow the GCSE course, if they want to continue to the BTEC National (equivalent to 2 A2s) then they must follow the BTEC route.

1. GCSE PHYSICAL EDUCATION

Examination Board: EDEXCEL

Course suitability:

This course is ideally suited for those students who are currently working at National curriculum level 6 and above, or for those students who are working at a level 5 and are strong swimmers, or take part in a sport outside of school to a high level that can be used for assessment. The course contains both practical and theoretical components which both contribute to the pupils' final GCSE grade.

Course Aims

Edexcel GCSEs in Physical Education:

- encourages students to be inspired, moved and changed by following a broad, coherent, satisfying and worthwhile course of study and to develop an awareness and appreciation of their own and others' cultures in relation to physical education
- encourages creativity and decision-making skills to enable students to plan effectively for performances and to respond to changing situations
- prepares students to make informed decisions about further learning opportunities and career choices
- enables students to become increasingly physically competent through being actively engaged in a range of physical activities, and to become increasingly effective in their performance in different types of physical activity and roles such as player/participant, leader and official
- enables students to develop their ability to engage independently and successfully in different types of physical activity, and to develop and maintain their involvement in physical activity as part of a healthy, active lifestyle.

Course structure:

Unit 1 – The Theory of Physical Education

- 1.1: Healthy and active lifestyles
- 1.2: Your healthy, active body

Unit 2 – Performance in Physical Education

2.1: Practical Performance

Students are required to offer **four performances**, in practical contexts, in the role of either player/participant, official or leader. At least two of the four performances must be in the role of player/participant; from two of the following activity areas:

- **Games**
- **Gymnastics**
- **Dance**
- **Adventurous**
- **Fitness and Health Activities**
- **Athletic Activities**

Students are able to use activities from outside school if they regularly take part in that activity with a qualified coach. e.g., Horse Riding, Karate, Judo, Swimming.

2.2: Analysis of Performance

Students are required to demonstrate their understanding of rules, regulations; evaluating performance and offering practices for improvement as well as planning their own exercise plan to improve their fitness and performance.

Assessment Overview:

Theory:	40%
Practical:	48%
Coursework:	12%

Practical Exam:

Final Exam:	1 hr 30 minutes
Part 1:	Multiple choice questions
Part 2:	Short answer questions
Part 3:	Scenario questions

Coursework:

Practical assessment in four performances
Analyses of performance in one activity

For further information please contact Miss N Moody

2. BTEC FIRST Extended CERTIFICATE IN SPORT (2 GCSEs)/BTEC FIRST DIPLOMA IN SPORT (4 GCSEs)



Course Suitability

This course is suitable for any students. It caters for those students who are good practically and have a keen interest in all aspects of sport. It is also suitable for those students who are not as strong practically and would gain from studying a variety of theoretical areas of Physical Education rather than just practical performance. It also caters for pupils who would benefit from being assessed purely via coursework rather than an end of year exam.

Examination Board: EDEXCEL

The Edexcel BTEC First Extended Certificate in Sport and BTEC First Diploma in Sport are designed to provide specialist work based qualifications. They have been designed to provide the knowledge, skills and understanding to prepare learners for employment or career pathways. The BTEC Firsts in Sport provide the foundations to continue studies at the BTEC National level (equivalent to A2).

Course Aims:

- to educate and train those interested in the sports industry,
- to provide opportunities for learners to develop a range of skills and techniques, personal qualities and attitudes essential for successful performance in working life,
- to provide a foundation for further study of the industry at KS5 or beyond school,
- to allow students to take responsibility for their own learning.

Course Structure:

The four units to be studied in BTEC First Certificate in Sport are:

- 1. Fitness Testing and Training**
- 2. Practical Sport (this is not assessed on your performance, more your understanding and knowledge)**
- 3. Planning and Leading Sports Activities**
- 4. Development of Personal Fitness (this assesses your knowledge of how to improve your own personal fitness)**

The four further units to be studied in the BTEC Diploma in Sport (Taken as an option in Section B of the form) are:

- 1. Anatomy and Physiology for Sport**
- 2. Injury in Sport**
- 3. Effects of Exercise on the Body Systems**
- 4. Planning and Running a Sports Event**

Assessment:

The assessment is 100% coursework marked by the staff in school and then checked by an external moderator. The outcomes are pass, merit and distinction. In addition to the taught units there will be the opportunity to gain extension awards such as First aid, Coaching and officiating.

For further information please see Mr P Willsher

3. PRACTICAL SPORTS ACTIVITIES

This course is suitable for all students. Students will create their own practical activity / sport in the first term allowing them to explore what is involved in the creation of the new sporting activity. Following the creation of their sports the students will have the opportunity to play their created games in a tournament structure.

For further information please see Mr S Jump