

## **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 at present are either in an Upper Band or Lower Band group. Students depending upon their group and suitability to a course will be guided to which course to follow.

**The four courses are:**

- 1. Full course GCSE Physical Education. (mainly for upper band groups)**
- 2. BTEC First Certificate in Sport (equivalent to 2 GCSE's)**
- 3. Practical sports activities with a focus on individual physical fitness, new sports activities and sports leadership**
- 4. Possible BTEC Dance (depending on numbers)**

Students can if they wish also select this in Section B of the option form to upgrade the **BTEC First certificate in Sport to the First Diploma in Sport ( the equivalent of 4 GCSE's)** This would give them 6 lessons of Physical Education per week.

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 A2's) then they must follow the BTEC route.

### **1. GCSE PHYSICAL EDUCATION**

**Examination Board: EDEXCEL**

**Course suitability:**

This course is suitable 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's GCSE's 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:**

Practical Exam:	25%
Final Exam: 1 hr 30 minutes	40%
Part 1: Multiple choice questions	
Part 2: Short answer questions	
Part 3: Scenario questions	

**Coursework:**

Practical assessment in four performances	25%
Analyses of performance in one activity	10%

**For further information please contact Mr S Jump**

## **2. BTEC FIRST CERTIFICATE IN SPORT (2 GCSE's)/BTEC FIRST DIPLOMA IN SPORT (4 GCSE's)**

### ***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.



***Examination Board: EDEXCEL***

The Edexcel BTEC First 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 First Certificate in Sport provides the foundations to continue studies at the Diploma and National level (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 three units to be studied in BTEC First Certificate in Sport are:

- 1. Health, Safety and Injury in sport**
- 2. Planning and leading sports activities**
- 3. Practical Sport (this is not assessed on your performance, more your understanding and knowledge)**

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

- 1. The Body in sport**
- 2. Preparation for Sport**
- 3. Work based project in sport**

### ***Assessment:***

The assessment is 100% coursework marked by the staff in school and then sent to 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 follow courses in a variety of new sports in one lesson a week, focus on physical fitness in another lesson and sports leadership in their final lesson each week.

For further information please see Mr S Jump

### 4. BTEC FIRST CERTIFICATE IN PERFORMING ARTS (DANCE)

**Examination Board:** EDEXCEL



#### **Course Suitability**

This course is suitable for those students are working at National Curriculum level 5 or above in Dance, and the content is all practical. All that you need is the enthusiasm to have a go!

What could be easier! As long as you attend lessons; take part and attend assessment performances you will be sure of an equivalent grade CC. It's fun, interactive and offers independent learning. Come and join us; take part in the performing environment. Watch this year's contribution to the Gym and Dance Display or attend lunchtime performances throughout the year.

#### **Course Aims:**

The Edexcel BTEC First Certificate in Performing Arts (DANCE) is 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 First Certificate in Performing Arts DANCE provides the foundations to continue studies at the Diploma and National level.

- **To educate and train those interested in the performing arts 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 three units to be studied are:

- 1. Performing Dance**
- 2. Jazz Dance**

### **3. Contemporary Dance**

#### **Assessment:**

This is a Level 2 qualification (2 GCSEs) taught over 180 hours via three units, for 3 lessons per week over the two years. The assessment is 100% coursework marked by the staff in school and then sent to an external moderator. The outcomes are pass (CC), merit (BB), distinction (AA) and distinction\* (A\* A\*).

For further information see **Mrs. Riggott-Jones** or talk to the students on this **year's course**.