Physical Education - GCSE

Teachers – Mr Brooks, Mrs Topa Mr Treanor, Mr Armstrong, Mrs Marques, Miss Johnson.

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| **Methods of Assessment:** | 2 x 60 minute exam papers sat in year 11 – **60% of final grade** |
| Paper 1 * Applied anatomy and physiology (Cardiovascular, Respiratory, Skeletal and Muscular systems, Movement Analysis, Effects of Exercise)
* Physical training (Components of Fitness, Principles of Training, Preventing Injury)
 | Paper 2* Socio-cultural influences

(Ethics in Sport, Engagement Patterns, Commercialisation of Sport)* Sport Psychology
* Health, fitness and well-being
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| Assessment in 3x practical sports (1 team, 1 individual, 1 free choice) – **30% of final grade.** Therefore students MUST be competing in 1 sport outside of school and must attend enrichment sports clubs  |
| 1 coursework module (14 hours in total) – Analysis of performance **– 10 % of final grade** |
| **Course Outline:** |

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|  | Year 10  | Year 11 |
| HT1 | Engagement Patterns | Movement Analysis |
| HT2 | Commercialisation | Complete AEP |
| HT3 | Muscular / Skeletal System | Effects of Exercise |
| HT4 | Sport Psychology | Ethical Issues |
| HT5 | Methods of Training/Principles of Training | Examination preparation  |
| HT6 | Cardio-Respiratory System |  |
| Practical | Students will develop their skills and performances in a variety of sports including; Athletics, Badminton, Netball, Football, Trampolining & Basketball throughout the course. These lessons will focus on developing advanced skills that are needed for effective performance and assessment of the practical aspect.  |

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| **Progression routes:** | The course can lead on to a Cambridge Technical level 3 qualification in Sports Studies or A-Level PE offered by sixth form colleges and further education colleges. Leading to a variety of fields in the sport and physical activity sector including, personal training, coaching, sports management, PE teaching, sports analyst and physiotherapist.  |
| **How you will learn** |  Students will have an additional 4 lessons over the 2 weeks of PE, these would be split 3x theory and 1x practical in addition to core PE lessons. These will focus on developing theoretical knowledge of the GCSE specification, including developing knowledge and understanding, application to practical examples and development points which are required for successful completion of the examination papers. Some theory topics lend themselves to more practical learning, such as goal setting, effects of exercise and principles of training, so where possible these lessons will take a practical route. Students who choose to study this course, must have a real interest in sport and physical education and be committed to both the theory and practical elements of the course.  |
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