

Physical Education

"To inspire pupils to discover a lifelong love of sport and exercise"

Our PE curriculum intends to:

- Experience as many sports as possible to find those which will develop a lifelong love of sport.
- Have the opportunity to participate within our school community in a wide range of extracurricular activities.
- To develop the skills and aptitudes needed to excel.

Overview of the Course:

Physical Education is a mixture of practical (40%) and theory work (60%). Pupils will learn how the body works, the socio-cultural influences on sport, and further develop their physical competence in a range of competitive sports.

In Year 9 we will develop pupils understanding of the body and the demands of different sports so that they can make a more informed decision on the suitability of the course in Year 10, when the GCSE syllabus begins.

There is a need for individuals to play and understand 3 sports at a reasonable level. This includes one solo sport and one team sport. Pupils should really be at a competitive level in sports, either inside or outside of school, if they choose GCSE PE.

To be able to achieve a high grade at GCSE PE pupils should:

- Be competent in more than one sport
- Regularly participate in competitive sport clubs outside of school
- Regularly attend extra-curricular sports clubs within school
- Always have brought PE kit to lessons.

The three areas of the curriculum are as follows:

- Understand how the body works and how it impacts on health, fitness and performance in physical activity and sport
- Understand Socio-cultural influences on sport and physical well-being
- Develop practical performance in physical activity and sport

Course content:

Theory Content: (60%)

Throughout the three years, pupils will cover the following units:

- Applied anatomy and physiology
- Movement analysis

- Physical training
- Use of data
- Sports Psychology
- Socio-Cultural factors
- Health, Fitness and well-being

Assessment is through two 1 ¼ hr exams, sat in Year 11. Paper 1: Applied anatomy and physiology.

Paper 2: Socio-Cultural influences and well-being in physical activity and sport.

Practical Content: (40%)

The practical requirement of GCSE PE is based upon competence in competitive sports. It will focus on physical training, developing knowledge and understanding the principles of training and different training methods in order to carry out, monitor and evaluate personal exercise programmes. Pupils will also carry out some development of practical sports, working on increasing their skills and techniques in progressive drills, and also their ability to put them into game or performance situations on activities from the list of team and individual sports on the syllabus.

Assessment in the practical element is ongoing. Pupils are assessed at their competence in a number of competitive sports (which can be sports that are done out of school – Speak to the PE department about the list of current sports on the syllabus). Their final grade takes their highest 3 grades; 1 must be a team sport, 1 must be an individual sport, and the final one can be team or individual, and their analysis of performance in one of those sports. For each activity covered, pupils will be marked out of 25 on practical competence (as a guide, a district level player in a sport would be attaining 25). Pupils will be expected to participate in every practical lesson and improve individual skills and tactics for that sport. The sports covered within curriculum time will reflect their needs and strengths of the class.



Exam Board: AQA – 8582