

Physical Education

- Physical Education
- BTEC Sport

Physical Education

Key Stage 3

At Key Stage 3 all students will participate in two hours of practical PE each week and they will benefit from our excellent facilities that include a sports hall, gymnasium, Multi use AstroTurf pitch, many outdoor pitches and courts and a state of the art fitness suite. Our aim is to engage and inspire our students to achieve their potential. Students experience a wide variety of sports, giving them a broad and balanced curriculum which allows for intra-school competition as well as the opportunity to represent both the borough and county.

In Year 7 the students will have the opportunity to participate in rugby union, football, basketball, netball, fitness, rugby league, dance, gymnastics, cross country, table tennis, outdoor and adventurous activities, rounders, cricket and athletics in both lessons and clubs.

In Year 8 those who have previously excelled at PE will be supported to further their achievements on a borough level, whilst all students will continue to experience a broad core curriculum including badminton, acro gymnastics, parkour and hockey.

In Year 9 our students are given the opportunity to lead much of their learning through initiatives such as 'Sport Education.' The students are encouraged to take responsibility for their learning, taking on such roles as, coach, equipment leader, manager. This allows them to have an understanding that sport is more than just performance and that there are many paths in which they can excel.

Key Stage 4

GCSE PE provides young people with the opportunity to specialise in areas of Sport physically and theoretically. In addition all students must complete two hours of core Physical Education which a broad and balanced curriculum is continued to be taught.

Course Content

GCSE PE involves both practical and theoretical studies. The practical component accounts for 60% of the total marks covering four different sports.

The course follows four distinct units of work. These units are split into two practical elements, which each student must perform, coach or officiate in two sports as well as complete a written analysis, on both lifestyle and that of performance. The practical element of the course is assessed through both internal verification as well as an external moderator.

A final written examination takes place at the end of the second year of study, which is worth 40% of the total marks. Below are some of the topics the students will be taught over the two years of study.

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- Key Concepts
- Key Processes
- The components of fitness and a healthy, balanced lifestyle.
- Assessing the bodies readiness for exercise
- Indicators of health and well-being
- Principles of training;
- Government initiatives
- Methods of training
- Respiratory system;
- Muscular system;
- Skeletal system.

The practical side of the course you will learn and participate in arranged of different practical sporting activities, whether it be as a performer, leader, coach or official.

How will I learn the course material?

The students will have three lessons per week, two of which will be theory based and the other will take the form of a practical lesson.

Syllabus Details

The examination board is OCR and the qualification is a GCSE in Physical Education.

Requirements

- Level 5 in Science;
- Level 5 or above in practical PE; and
- Competent in four or more sports at a good level.

Learning Styles / Additional Information

- Commitment to at least two extra-curricular club/team;
- Desire to learn about new topics related to healthy active lifestyles;
- Attendance to Theory revision trip (Year 2)
- A desire to achieve

BTEC Level 2 Diploma in Sport

The BTEC Level 2 Diploma in Sport is a full-time vocational qualification that is equivalent at Merit level to 4 GCSEs at grade C. The programme is designed to enable students to gain both academic and practical experience / knowledge and to become competent in areas that are directly related to the workplace

Learning is designed to be experimental so that concepts are developed and applied in a practical sport context. Students will extend their skills in a range of team and individual sport activities.

Who is the course for?

- Those with an interest in progression to BTEC Level 3 Extended Diploma in Sport or for those who would like to start a career in the Sport and Leisure industry.

Course Content

This course covers the following:

- Fitness Testing and Training
- Practical Sport
- Anatomy and Physiology for Sport
- Planning and Running a Sports Event
- Development of Personal Fitness
- Effects of Exercise on the Body Systems
- Planning and Leading Sports Activities

Syllabus Details

The examination board is Edexcel.

Examples of Spiritual, Moral, Social and Cultural Education in PE/BTEC Sport include:

- Students reflecting on values surrounding competition which includes 'winning at all costs' as well as sportsmanship and fair play
- Students learning to handle success and defeat with dignity
- Giving time for focus group discussions on lesson objectives and outcomes as well as listening to other people's opinions and giving feedback
- Students being introduced to tactics and strategies in sport
- Students developing their moral stance through developing a sense of fair play and positive sporting behaviour as well as reflecting on the need for rules
- Students discovering the role of sport in society from different traditions
- Students becoming aware of different cultural attitudes towards aspects of physical activity

Staff contact:

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