



## Section B—Options Choice Subjects

# Physical Education

The PE department offers two pathways at Key Stage 4. When opting for this subject you will start with an introductory unit of work based around the key principles of GCSE PE. This period of time will be used to determine and assess the strengths and abilities of the students. After this introductory period students will be placed onto either GCSE PE or BTEC PE course, and then follow this for the remainder of the course.

### Introductory Unit

#### GCSE PE

#### BTEC PE

##### The course:

Students will study a range of sports including football, basketball, hockey, netball, table tennis, cricket, trampolining, athletics, swimming, continuous running and other fitness programmes. Other sports can be added to the list for consideration and verification by the examination board e.g. golf, horse riding, skiing etc.

##### **Topics and themes explored include:**

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sport psychology
- Socio-cultural influences
- Health, fitness and well being
- Practical performance
- Performance analysis and evaluation.



##### The course:

The BTEC Sport course has been designed to provide an engaging, broad and stimulating introduction to the world of Sport and Fitness. Students will study the BTEC Level 2 First Award in Sport which is equivalent to a GCSE but has the benefit of a larger coursework and practical content.

##### **Topics and themes explored include:**

- Gain personal development of knowledge and skills relevant to the sport and fitness world and working life
- Develop a wider understanding and appreciation of the broad range of sport specialisms
- Become fitter by following their own personalised fitness plan
- Develop communication, planning and team working skills
- Improve their ability to lead sporting activities





## Physical Education

### GCSE PE

#### Assessment

**Written exam** - 60%

**Personal exercise plan** - 10%

**Practical assessment** - 30%

Based on three sporting activities assessed continually throughout the course and verified by external moderation in Year 11.

The sports followed need to cover the following criteria: one team sport, one individual sport and another (of either). Pupils will follow the two year scheme of work (practical) as a class, and be put into a sport to study. There is not a free choice.

**Final award:** GCSE grades 1-9, 9 being highest.

### BTEC PE

#### Assessment

Unit 1—Fitness for Sport and Exercise

**Written Exam**—25%

Unit 2—Practical Sports Performance

**Coursework**—25%

Unit 5—Training for Personal Fitness

**Coursework**—25%

Unit 6—Leading Sports Activities

**Coursework**—25%

#### The final award will be:

L2 Pass, Merit or Distinction. (Equal to 1 GCSE)



#### **In order to succeed students will need:**

- Commitment to work steadily throughout Years 9, 10 and 11
- To produce regular coursework and meet all deadlines
- A desire to act on feedback to improve
- An interest in participating in sport and a desire to learn more about how the sports and fitness industry works.

#### **Where next?:**

These courses lead on to further L2 and L3 qualifications, including: A level PE, BTEC National Diploma, BTEC coaching courses, uniformed services.

Following further study, students could progress to employment in a related field, such as physiotherapy, leisure management, sports instructors/coaches, dieticians, nutritionists, and sports psychology.