

PHYSICAL EDUCATION

CURRICULUM 2020-21

KEY STAGE 3

During Key Stage 3 students will be taught: Football, Netball, Hockey, Badminton, Dance, Fitness, Rounders, Cricket, Softball, Athletics, and Gymnastics. Students will be practically assessed after each sporting activity has been taught, which is generally every 4-5 weeks. Students can stretch their learning by attending extra curricular clubs which are held at lunch time and after school or by joining a local sports team.

KEY STAGE 4

At Key Stage 4, students will expand upon their experiences in Key Stage 3 Physical Education. Practical activities are wide ranging and those that are formally assessed will be tailored to suit individual students' strengths. Team-based activities such as volleyball, basketball, netball, and football, along with individual activities such as boxing, athletics, and trampolining will be covered. Key unopposed skills used within these activities and affecting game situations will be a focus when studying practical aspects of the course.

With regard to theory, students will develop their theoretical knowledge and understanding of applied anatomy and physiology (e.g. the musculoskeletal system), movement analysis (e.g. levers), and physical training (e.g. principles of training), so that they can use this knowledge to analyse and evaluate performance and devise informed strategies for improving their own practical performance. In addition, sport psychology and contemporary well-being issues such as nutrition and lifestyles will also be studied.

Two theory examinations make up the majority of the grade achieved at the end of the course. The weighting of the **GCSE PE** course is as follows:

- Component 1 – Fitness and Body Systems – written examination worth 36%
- Component 2 – Health and Performance – written examination worth 24%
- Component 3 – Practical Performance – three activities, each marked out of 35 and worth 30% -internally marked, externally moderated
- Component 4 – Personal Exercise Programme (PEP) worth 10% – internally marked, externally moderated.

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The Personal Exercise Programme (or PEP) is now the sole aspect of performance analysis, making up 10% of the final grade for this course. Students will develop knowledge and understanding of the principles of training, relevant methods of training and use of data in order to analyse and evaluate their PEP, with a view to improving performance. The PEP will cover a six-to-eight week period, and can relate to any physical activity of their choice from activities that are allowed to be used for practical performance in Component 3.

From a practical perspective, bolt-on courses will be offered to GCSE PE students that will complement the course, thus helping applications for post-16 options related to sport. Level 1 Sports Leaders awards run alongside the subject and have proved popular in recent years.

The GCSE qualification develops key skills that colleges and potential employers will see as a must – for example communication, organisation, and taking responsibility for the progress of other students.

Staff will also provide regular opportunities for GCSE PE students to help plan and deliver parts of extra-curricular clubs under supervision. Expectations are high and representing college on a regular basis in sporting activities is also a way in which GCSE PE students can excel. In terms of theory, students will benefit from keeping up with contemporary issues in sport via the media. A well-rounded knowledge of what is happening in the world of sport (ranging from the negatives of performance-enhancing drugs to the positives of hosting global events such as the Olympic Games) will help students provide quality examples in their written responses.