

**CORE (NON-EXAMINATION) PHYSICAL EDUCATION FOR ALL PUPILS
YEARS 10 AND 11**



In Years 10 and 11, pupils have one core Physical Education lesson per week. They have an element of choice about the activities they do, opting for sporting preferences that the Physical Education Department cater for wherever possible.

There are three teaching blocks across the autumn and winter terms and students will practise a different activity in each block, from the list below:



<p><i>Badminton</i> <i>Basketball</i> <i>Table Tennis</i> <i>Dodgeball</i> <i>Football</i></p>	 Physical Education	<p><i>Multi Sports</i> <i>Hockey</i> <i>Rugby</i> <i>Trampoline</i> <i>Netball</i></p>
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There are two teaching blocks in the summer term and students will practise a different activity in each block, from the list below:

<i>Ultimate Frisbee</i>	<i>Handball</i>	<i>Flag Football</i>
<i>Athletics</i>	<i>Rounders</i>	<i>Tennis</i>
<i>Dance</i>	<i>Cricket</i>	

The aim of the Physical Education curriculum in Years 10 and 11 is:

- To allow pupils to develop their skills and techniques in activities of their choice.
- To enable pupils to study activities in greater depth.
- To develop pupils' skills of planning, performing and evaluating, to enable them to become more responsible for their own learning.

Please contact Mr S McKay or Mrs Heathcote if you would like further guidance.

PHYSICAL EDUCATION: GCSE

This course is designed to help pupils develop an understanding of human performance in both a practical and a theoretical way.



Pupils are taught to appreciate the need for physical exercise by encouraging their safe participation in physical activities. They are helped to acquire skills and to develop their interest and expertise in a variety of activities.

This course would be particularly suited to pupils with a high level of practical ability; 30% of the final mark is awarded according to the skill level shown in their sporting practical activities.

Course Content

Component 1: Fitness and Body Systems	Component 2: Health and Performance
<ul style="list-style-type: none"> • Written Examination = 1hr 30min • 36% of the qualification • 80 Marks <p>Content Overview Section A: Anatomy & Physiology and Movement analysis Section B: Physical Training Section C: One extended response on Physical Training topic only</p>	<ul style="list-style-type: none"> • Written Examination = 1hr 15min • 24% of the qualification • 60 Marks <p>Content Overview Section A: Health, Fitness and Wellbeing Section B: Sports Psychology and socio-cultural influences Section C: One extended response on Sports Psychology and socio-cultural influences only</p>



Component 3: Practical Performance	Component 4 – Personal Exercise Programme
<ul style="list-style-type: none"> • Internally marked • 30% of the qualification <p>Assessment Overview Pupils are assessed in their practical performance in three activities from a set list.</p> <ul style="list-style-type: none"> • One must be a TEAM activity • One must be an INDIVIDUAL activity. • The final activity can be a free choice so either team or individual. 	<ul style="list-style-type: none"> • Non-examined assessment • Internally marked • 10% of the qualification <p>Content Overview</p> <ul style="list-style-type: none"> • Aim and planning analysis • Carrying out and monitoring the PEP • Evaluation of the PEP <p>Assessment Overview Pupils will be assessed on their ability to:</p> <ul style="list-style-type: none"> • Analyse and evaluate their performance in a physical activity. • Produce a Personal Exercise Programme.

Please contact Mrs Heathcote if you would like further guidance

PHYSICAL EDUCATION: GCSE

Further information for Component 3: Practical Performance

Over the two-year course pupils will be assessed in a range of sports from the list below. Sports which are selected for their final assessment will be decided upon by their teachers, as it will be the highest graded activities over the two-year course based on the specification criteria.

If there are any sports which pupils compete in outside of school, for example swimming these can also be assessed by collecting video evidence. These must be identified at the start of the course in Year 10.

TEAM ACTIVITIES

- Acrobatic Gymnastics
- Association Football
- Badminton
- Basketball
- Hurling and Camogie
- Cricket
- Dance
- Field Hockey
- Figure Skating
- Futsal
- Gaelic Football
- Handball
- Ice Hockey
- Inline/ Roller Hockey
- Lacrosse
- Netball
- Rowing
- Rugby League
- Rugby Union
- Sailing
- Sculling
- Squash
- Table Tennis
- Tennis
- Volleyball
- Water Polo
- Blind Cricket
- Goal Ball
- Powerchair Football
- Table Cricket
- Wheelchair Basketball
- Wheelchair Rugby

INDIVIDUAL ACTIVITIES

- Amateur Boxing
- Athletics – Field Events
- Athletics – Track Events
- BMX Cycling
- Canoeing
- Track Cycling
- Road Cycling
- Diving
- Figure Skating
- Golf
- Gymnastics
- Equestrian
- Kayaking
- Rock Climbing
- Sailing
- Sculling
- Skiing
- Snowboarding
- Swimming
- Trampolining
- Windsurfing
- Boccia
- Polybat

If you wish to discuss any of the above practical options, please contact Mrs Heathcote