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





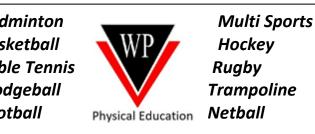


In Years 10 and 11, pupils have one core Physical Education lesson per week. They have an element of choice about the activities they do, opting for sporting preferences that the Physical Education Department cater for wherever possible.

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:



**Badminton** Basketball **Table Tennis** Dodgeball Football





There are two teaching blocks in the summer term and students will practise a different activity in each block, from the list below:

Ultimate Frisbee	Handball	Flag Football
Athletics	Rounders	Tennis
Dance	Cricket	

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.



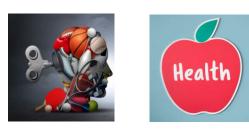
Pupils are taught to appreciate the need for physical exercise by encouraging their safe participation in physical activities. They are helped to acquire skills and to develop their interest and expertise in a variety of activities.

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.

Component 1: Fitness and Body Systems	Component 2: Health and Performance
Written Examination = 1hr 30min	• Written Examination = 1hr 15min
• 36% of the qualification	• 24% of the qualification
• 80 Marks	• 60 Marks
Content Overview	Content Overview
Section A: Anatomy & Physiology and	Section A: Health, Fitness and Wellbeing
Movement analysis	Section B: Sports Psychology and socio-
Section B: Physical Training	cultural influences
Section C: One extended response on	Section C: One extended response on
Physical Training topic only	Sports Psychology and socio-cultural
	influences only

# **Course Content**





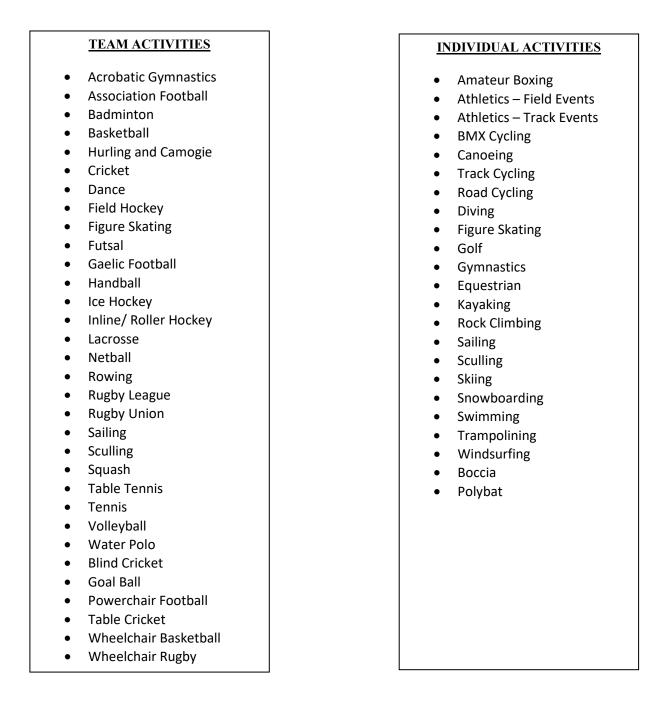
Component 3: Practical Performance	Component 4 – Personal Exercise Programme
Internally marked	Non-examined assessment
• 30% of the qualification	Internally marked
Assessment Overview	• 10% of the qualification
Pupils are assessed in their practical	Content Overview
performance in three activities from a set	Aim and planning analysis
list.	• Carrying out and monitoring the PEP
One must be a <b>TEAM</b> activity	Evaluation of the PEP
• One must be an <b>INDIVIDUAL</b> activity.	Assessment Overview
• The final activity can be a free choice so	Pupils will be assessed on their ability to:
either team or individual.	Analyse and evaluate their performance
	in a physical activity.
	Produce a Personal Exercise Programme.

#### **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.



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