

Curriculum information sheet – Physical Education and Sports

Faculty

Curriculum and Performance

Subject

Physical education

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Year 11 information – Course title(s), GCSE/BTEC, Exam board, breakdown of assessment modules

GCSE PE (Edexcel)

60% practical assessment (4 activities and an Analysis of performance)

40% theory (written exam)

BTEC First Award in Sport. (Edexcel)

25% Onscreen Exam, 75% Coursework

Assessment units:

Unit 1: Fitness Testing and Training for Exercise. (exam)

Unit 2: Practical Sports Performance (coursework x3)

Unit 5: Training Programmes (coursework x4)

Unit 6: Leading Sports Activities (coursework x3)

Synopsis of the course

GCSE PE (Edexcel)

Students will learn the immediate effects and long term adaptations of exercise on the cardiovascular, muscular, skeletal and respiratory systems. Students will also learn how to improve their fitness levels by creating their own exercise programme to improve their performance. They will understand and explain the reasons why people participate in physical activity and the barriers to participation. Students will also analyse skills and tactics to improve performance.

BTEC First Award in Sport. (Edexcel)

A mix of practical and theory lessons based on the topic area.

Topics include: Training and physical fitness, practical sport, sports leadership and fitness testing.

Students will learn to analyse performance and know what it takes to be an effective leader. They will also develop fitness levels through an exercise programme.

Year 10 information – Course title(s), GCSE/BTEC, Exam board, breakdown of assessment modules

BTEC as above

OCR GCSE PE – 9-1

70% theory

30% practical

Synopsis of the course

Component 1: Fitness and body systems (36%)

Applied anatomy and physiology

Movement analysis

Physical training

Component 2: Health & Performance (24%)

Health, fitness and well being

Sports psychology

Social and cultural influences

Component 3 – Practical Performance (30%)

Skills during individual and team activities

General performance skills

Component 4 – Personal Exercise Programme (PEP) (10%)

Aims and planning analysis

Carrying out and monitoring the PEP

Evaluation of PEP

Year 9 information – including synopsis of the course for the school website

Students will participate in a GCSE ready curriculum. This will include some aspects of the GCSE course so students can experience what the option is like and make an informed decision when they make their option choices. They will learn through a variety of sports and activities to improve their performance. These sports will include 8 of the following:

Football
Basketball
Gymnastics
Trampolining
Rugby
Fitness
Rounders
Cricket
Athletics
Netball

Changes proposed for 2017-2018 if known

Year 8 information – including synopsis of the course for the school website

Students will learn through a variety of sports and activities to improve their performance. These sports will include 8 of the following:

Football
Basketball
Gymnastics
Trampolining
Rugby
Fitness
Rounders
Cricket
Athletics
Netball

Changes proposed for 2017-2018 if known

Year 7 information – including synopsis of the course for the school website

Students will learn through a variety of sports and activities to improve their performance. These sports will include 8 of the following:

Football
Basketball
Gymnastics
Trampolining
Rugby
Fitness
Rounders
Cricket
Athletics
Netball

Changes proposed for 2017-2018 if known