

PHYSICAL EDUCATION GCSE SPORT, ACTIVITY AND FITNESS BTEC TECH AWARD

INTRODUCTION

Students have the option to study an examination course in Physical Education or Sport during Years 10 and 11. This will provide students with 5 one-hour lessons over a fortnight in addition to 4 hours of core PE for all students at Key Stage 4.

Students will opt into examination Physical Education/Sport and will be guided into the programme which suits their individual strengths and needs by their teacher/Head of PE. The course allocated to each student will reflect previous practical performances, extracurricular participation as well as their interest in examination content and assessment methods.



The two courses of Physical Education and Sport, Activity and Fitness will provide you with a broad foundation which will enable you to proceed towards further education or training, or to consider employment in the sports industry. Each course aims to develop your knowledge and understanding of how a healthy, active lifestyle contributes to the growth and development of body systems and structures, as well as general wellbeing.

WHAT WILL I LEARN?



Regardless of which course you are assigned, most lessons will be **theory-based** with some elements of practical over the two years. You will develop understanding across a range of topics such as:

- the body and effects of exercise
- technology in sport
- principles of training
- nutrition for sport
- psychology in sport

ENTRY REQUIREMENTS

- You must enjoy and have an active interest in PE, sport or physical activity.
- You must be regularly participating in competitive sport both in and out of school.
- You must enjoy being active and appreciate the benefits of maintaining your own physical fitness and health.
- You will have a record of positive attitude to learning in all Key Stage 3 core PE lessons.
- You must be able to work constructively within a classroom environment as well as a coach or leader in practical sessions.

HOW WILL I BE ASSESSED?

Component	GCSE PHYSICAL EDUCATION	BTEC SPORT, ACTIVITY AND FITNESS
1	Fitness and Body Systems 1 hour 45 minutes written examination paper 36% of your total marks	Understand the Body and the Supporting Technology for Sport and Activity These areas are assessed through 3 written assignments 30% of your total marks
2	Health and Performance 1 hour and 15 minutes written examination paper 24% of your total marks	The Principles of Training, Nutrition and Psychology for Sport and Activity 1 hour and 30 minutes written examination paper 40% of your total marks
3	Three practical performances for both individual and team sports 30% of your total marks	Applying the Principles of Sport and Activity This assessed through practical leadership and written assignments 30% of your total marks
4	Planning, performing, monitoring and evaluating of a Personal Exercise Programme 10% of your total marks	

On the options form students should select 'PE/Sport'. The PE department will consult and then assign the recommended qualification according to individuals' strengths and needs.



FUTURE OPPORTUNITIES

Successful completion of either examination course can enable you to study a variety of subjects' post-16 including BTEC Level 3 Qualifications in Sport and Exercise Science and A-Level PE. Employers look favourably at Physical Education students as they have developed the transferable and key skills they are often looking for.

FURTHER INFORMATION

For more information visit the Edexcel website (www.edexcel.com), speak to a member of the PE department, or contact Mrs Reynolds Head of Physical Education or Mr Snowdon Assistant Head of Physical Education.