

Curriculum Overview

INTENT

PE is the desire to achieve physical, mental and social well-being through the medium of physical activity.

We see PE as being an integral part of having lifelong health through participation in Physical Education. When our pupils join in year 7 there is a wide variation in KS2 experiences from pupil to pupil. What we aim to do is develop opportunities for all so as all students can remain involved in some form of physical activity to ks5 and beyond.

Subject Specific Concepts:

PE is about **living a healthy lifestyle.**

PE is about **developing motor-skills.**

PE is about **gaining leadership skills.**

PE is about **learning how to work as part of a team.**

PE is about **learning how to communicate effectively.**

PE is about **co-operating with others.**

PE is about **being Resilient.**

IMPACT:

We seek to measure impact in 3 ways: The first and perhaps most important way is collating the **number of pupils participating in extra-curricular activities** and therefore leading a 'healthy lifestyle'. High Numbers of pupils engaging in extra-curricular activities will show the positive impact we as a department are having on pupils. Secondly the **number of pupils opting to study PE at GCSE and A level**. We want our pupils to be engaged and enthused by their ks3 experience and want to continue studying some form of PE beyond the end of ks3. Lastly we measure impact through **practical assessment** of pupils against the **GCSE criteria** in their **3 best performing sports** across the academic year. One of these activities must be a team sport and one an individual activity. This along with our 'theory assessments' will enable us to more **accurately assess pupils against their pathway.**

GCSE PHYSICAL EDUCATION : Key Stage 4 -Components

GCSE course: GCSE PHYSICAL EDUCATION EDEXCEL

Assessment: 4 Components

Component	Description	Weighting/Assessment
1	Fitness and Body Systems <ul style="list-style-type: none">● Topic 1: Applied anatomy and physiology● Topic 2: Movement analysis● Topic 3: Physical training● Topic 4: Use of data	Written examination: 1 hour and 45 minutes 36% of the qualification 90 marks
2	Health and Performance <ul style="list-style-type: none">● Topic 1: Health, fitness and well-being● Topic 2: Sport psychology● Topic 3: Socio-cultural influences● Topic 4: Use of data	Written examination: 1 hour and 15 minutes 24% of the qualification 70 marks
3	Practical Performance <ul style="list-style-type: none">● Skills during individual and team activities● General performance skills	Non-examined assessment: internally marked and externally moderated 30% of the qualification 105 marks (35 marks per activity)
4	Personal Exercise Programme (PEP) <ul style="list-style-type: none">● Aim and planning analysis● Carrying out and monitoring the PEP● Evaluation of the PEP	Non-examined assessment: internally marked and externally moderated 10% of the qualification 20 marks

GCSE PHYSICAL EDUCATION EDEXCEL : Key resources

The resources below will help your child to succeed in the topics they are studying at school. Some resources will be useful for revising key content, others might provide an exciting opportunity to extend knowledge with visits to exciting places in London or to challenge them.

<p><u>Books:</u></p> <p><u>REVISION CUE CARDS</u> https://www.pearsonschooolsandfecolleges.co.uk/secondary/PhysicalEducationAndSport/14-16/EdexcelGCSEPE2016/ISBN/Revision/ReviseEdexcelGCSE91PhysicalEducationRevisionCards.aspx</p>	<p><u>Websites:</u></p> <p><u>BBC BITESIZE</u> https://www.bbc.co.uk/bitesize</p> <p><u>TEACHPE</u> https://www.teachpe.com</p>
<p><u>Places to visit:</u></p>	<p><u>Text books</u></p> <p><u>REVISION GUIDE</u> https://www.pearsonschooolsandfecolleges.co.uk/secondary/PhysicalEducationAndSport/14-16/EdexcelGCSEPE2016/ISBN/Revision/ReviseEdexcelGCSE2016PhysicalEducationRevisionGuide.aspx</p> <p><u>REVISION WORKBOOK</u> https://www.pearsonschooolsandfecolleges.co.uk/secondary/PhysicalEducationAndSport/14-16/EdexcelGCSEPE2016/ISBN/Revision/ReviseEdexcelGCSE2016PhysicalEducationRevisionWorkbook.aspx?tmsb=hz0m9iy&tml=rk0dc&tmsl=sec-voc-web-productpage&tmtty=w&tmcv=18&tmcs=6og7i4o</p>

GCSE CAMBRIDGE NATIONAL: Key Stage 4 -Components

GCSE course: OCR Level 1/Level 2 Cambridge National Certificate in Sport Studies

Assessment: Two mandatory units and Two optional units

Component	Description	Weighting/Assessment
1	<p><i>Contemporary issues in sport</i></p> <ul style="list-style-type: none"> • Understand the issues which affect participation in sport • Know about the role of sport in promoting values • Understand the importance of hosting major sporting events • Know about the role of national governing bodies in sport 	<p>Written paper : 1 hour 60 marks</p>
2	<p><i>Developing sports skills</i></p> <ul style="list-style-type: none"> • Be able to use skills, techniques and tactics/strategies/ compositional ideas as an individual performer in a sporting activity • Be able to use skills, techniques and tactics/strategies/ compositional ideas as a team performer in sporting activity • Be able to officiate in a sporting activity • Be able to apply practice methods to support improvement in a sporting activity 	<p>Centre-assessed tasks OCR-moderated 60 marks</p>
3	<p><i>Sports leadership</i></p> <ul style="list-style-type: none"> • Know the personal qualities, styles, roles and responsibilities associated with effective sports leadership • Be able to plan sports activity sessions • Be able to deliver sports activity session • Be able to evaluate own performance in delivering a sports activity session 	<p>Centre-assessed tasks OCR moderated 60 marks</p>
4	<p><i>Developing knowledge and skills in outdoor activities</i></p> <ul style="list-style-type: none"> • Know about different types of outdoor activities and their provision • Understand the value of participating in outdoor activities • Be able to plan an outdoor activity • Be able to demonstrate knowledge and skills during outdoor activities 	<p>Centre-assessed tasks OCR-moderated 60 marks</p>

GCSE CAMBRIDGE NATIONAL: Key resources

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<p><u>Books:</u></p>	<p><u>Websites:</u></p> <p><u>BBC BITESIZE</u> https://www.bbc.co.uk/bitesize</p> <p><u>TEACHPE</u> https://www.teachpe.com</p>
<p><u>Places to visit:</u></p>	<p><u>Text books</u></p> <p>https://www.hoddereducation.co.uk/subjects/sport-pe/products/general/cambridge-national-level-1-2-sport-studies</p>

GCSE PHYSICAL EDUCATION : Key Stage 4 -Components

GCSE course: GCSE PHYSICAL EDUCATION AQA

Assessment: 3 Components

Component	Description	Weighting/Assessment
1	The human body and movement in physical activity and sport <ul style="list-style-type: none">• Applied anatomy and physiology• Movement analysis• Physical training• Use of data	Written exam: 1 hour 15 minutes 78 marks 30% of GCSE
2	Socio-cultural influences and well-being in physical activity and sport <ul style="list-style-type: none">• Sports psychology• Socio-cultural influences• Health, fitness and well-being• Use of data	Written exam: 1 hour 15 minutes 78 marks 30% of GCSE
3	Practical Performance <i>Non-examined assessment: internally marked and externally moderated</i> <ul style="list-style-type: none">• Practical performance in three different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).• Analysis and evaluation of performance to bring about improvement in one activity.	<ul style="list-style-type: none">• Assessed by teachers• Moderated by AQA• 100 marks• 40% of GCSE

GCSE PHYSICAL EDUCATION AQA : Key resources

The resources below will help your child to succeed in the topics they are studying at school. Some resources will be useful for revising key content, others might provide an exciting opportunity to extend knowledge with visits to exciting places in London or to challenge them.

<p><u>Books:</u></p> <p>REVISION NOTES</p> <p>https://www.hoddereducation.co.uk/subjects/sport-pe/products/14-16/my-revision-notes-aqa-gcse-(9-1)-pe-2nd-edition</p>	<p><u>Websites:</u></p> <p>BBC BITESIZE</p> <p>https://www.bbc.co.uk/bitesize</p> <p>TEACHPE</p> <p>https://www.teachpe.com</p>
<p><u>Places to visit:</u></p>	<p><u>Text books</u></p> <p>https://www.hoddereducation.co.uk/subjects/sport-pe/products/14-16/aqa-pe-for-gcse</p>