

## Physical Education

### KS4 – Y9, Y10 and Y11

GCSE Physical Education	BTEC Level 2 First Certificate in Sport
<p>The course provides students with the chance to learn about healthy and active lifestyles. GCSE Physical Education includes a variety different learning opportunities including physical and academic learning.</p> <p>Students study the makeup of the human body including anatomy and physiology; they study sports psychology and discover what makes a great sports man or woman. Students take part in physical training and develop their sports leadership skills.</p>	<p>The BTEC NQF First Award in Sport is designed to equip you with the knowledge, understanding and practical skills required for success in current and future employment in sport and related industries. This course provides specialist studies which are directly relevant to individual vocations and professions in the sport and related industries in which you may be interested in working in.</p> <p>This course is a science related sport and exercise qualification to enable progression to further studies with a view to entering careers in sport and related industries.</p>
<p>If you follow this course you will develop your practical performance skills in both team sports and individual sports. GCSE Physical Education will improve your leadership skills, your sports strategy skills and your sports analysis.</p> <p>There are two types of assessment:</p> <p><b>1. Practical performance – this is worth 40% of the marks for the GCSE</b></p> <p>In this section students are assessed on their different activities: this includes at least one team sports, one individual sport and a third assessment which can be either team or individual sports.</p> <p>The practical performance part of the course requires students to demonstrate physical skills and techniques, to understand their own performance level and how to use their strengths to improve their performance.</p> <p><b>2. Knowledge and understanding of physical activity - this is assessed by examination and is worth 60% of the marks for the GCSE</b></p> <p>Students will understand what makes the human body work, the principles of training for sports, the relationship between health and fitness and how to prevent injury. Students will learn about the psychology of sport including target setting and giving and receiving feedback on your performance.</p>	<p>The BTEC NQF First Award in Sport consists of two mandatory units plus two other optional units :</p> <p><b>Core units Assessment</b></p> <p><b>Method</b></p> <ul style="list-style-type: none"> <li>• 1 Fitness for Sport and Exercise Externally assessed</li> <li>• 2 Practical Sports Performance Internally assessed</li> </ul> <p><b>Optional specialist units</b></p> <ul style="list-style-type: none"> <li>• 3 The Mind and Sports Performance Internally assessed</li> <li>• 4 The Sports Performer in Action Internally assessed</li> <li>• 5 Training for Personal Fitness Internally assessed</li> <li>• 6 Leading Sports Activities Internally assessed</li> </ul> <p>□ There will be an externally assessed unit which will be in the form of an online assessment/ examination. You will complete a further two units from the above optional units. These units will be assignment based, with each unit, on average, containing two assignments. All of the above units have grading criteria and will be individually graded as pass, merit or distinction.</p>