

PHYSICAL EDUCATION

This course allows pupils to build on the experience gained in previous Key Stages and further develop and refine skill levels especially in invasion games, swimming, health related fitness and athletic activities. There is little limitation to the activities the pupils can choose, as activities participated in outside of school can also be assessed

Learners will be assessed in three practical activities, as a performer in an individual sport, team sport and one other. One activity will be chosen as a major activity which will require the learner to construct a personal fitness programme. It is a course requirement that learners involve themselves in the schools extra curricular programme to ensure skill level is developed and maintained.



Learners will also be assessed through a range of short and extended questions. The questions will be based on audio visual stimuli and other sources.

The theory element of the course is assessed as part of the written examination and focuses on five key areas:-

1. Health, training and exercise
2. Exercise physiology
3. Movement analysis
4. Psychology of sport
5. Socio-cultural issues in sport

Pupils will be assessed by an examination paper (50%) and through three chosen practical activities (50%)

Further Education

Pupils who have followed this specification will have the necessary knowledge, understanding and skills to progress to the more demanding AS Physical Education (although it is not a pre-requisite) or opt to study BTEC Level 3 Diploma in Sport.

All pupils opting to study GCSE P.E. will be expected to attend the extra-curricular activities organised by the P.E. Department.



LEVEL 2 VOCATIONAL CERTIFICATE IN SPORT

The WJEC Level 2 Certificate in Sport is a vocational qualification, which is equivalent to two GCSE's (A*-C)

This qualification is designed to mainly support pupils who want to learn about the sports sector and may be interested in pursuing a career in this industry. The sports industry is a diverse sector with a wide range of employment opportunities. This can include working as a leisure attendant, a professional coach, professional athlete, sports journalist and events manager. Pupils must complete the **four** mandatory units and **three** optional units:

Unit number	Unit title	Unit choice	Assessment
1	Sports campaigning	Mandatory	Internal
2	Improving sporting performance	Mandatory	External
3	Fitness for sport	Mandatory	Internal
4	Sports events	Mandatory	External
5	Sport analysis	Optional	Internal
6	Skills development	Optional	Internal
7	Increasing participation	Optional	Internal
8	Sports technology	Optional	Internal

Within this course there are two forms of assessment:

- ◆ Internal assessment – teacher led assessment in the form of assignments.
- ◆ External assessment – pupils will need to complete two controlled assessments over the two years; these assessments will be marked by the WJEC.

The structure of the qualification has been designed to develop the understanding and skills of learners across the sport sector. Each unit looks at a range of possible job roles and activities. Each unit focuses on a specific aspect designed to develop knowledge, skills and understanding through tasks that have many of the characteristics of real work in the sports industry.

Learners will develop:-

- ⇒ Independent learning
- ⇒ Ability to solve problems
- ⇒ Project based research and presentation
- ⇒ Fundamental ability to work alongside other professionals

