

# 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 skills levels are 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.**



# BTEC LEVEL 2 LEADERSHIP THROUGH SPORT

The BTEC Level 2 Certificate in Leadership Through Sport is a vocational qualification, which is equivalent to two B grades at GCSE.

All the units in these qualifications are assessed through written and practical assignments.

This qualification has mandatory and optional specialist units. Pupils must complete the one mandatory unit and a choice of two optional units to reach a total of 30 credits.

| Unit | Mandatory unit                                    | Assessment | Credits |
|------|---|------------|---------|
| 1    | Planning and Leading Sports Activities            | Internal   | 10      |
|      | Optional units                                    |            |         |
| 2    | Injury in Sport                                   | Internal   | 10      |
| 3    | Technical Skills and Tactical Awareness for Sport | Internal   | 10      |
| 4    | Psychology for Sports Performance                 | Internal   | 10      |
| 5    | Nutrition for Sports Performance                  | Internal   | 10      |
| 6    | Lifestyle and the Sports Performer                | Internal   | 10      |
| 7    | Business Skills in Sport                          | Internal   | 10      |
| 8    | Planning and Running a Sports Event               | Internal   | 10      |

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.

## ***Where can this qualification take you?***

Upon successful completion of this course you will open a variety of career doors such as:  
Further Education – A Levels and BTEC National Awards

Career Pathway – Fire Fighter, Police Force, Leisure Industry/Centres, Personal Fitness Advisor/Trainer, Sports Therapy/Massage/Injuries, Coaching.

