

Course Tier Information: One tier of entry: 9-1

Course Assessment:

Theory: 60%

Practical: 40% (this includes one individual sport, one team sport and one more of either)

General Course Information:

Broad and topical theory content that keeps students engaged, whilst also teaching about the benefits of a healthy and active lifestyle. There is a vast choice of roles and activities for practical assessment catering for a wide variety of individual needs.

There is lots of Sports Science content, so the course is not just about practical ability.

A great way to gain a deep understanding of sport holistically, especially if you have a desire to study any career path surrounding sport at university

GCSE PE students have an **additional 6 lessons of PE** per fortnight on top of their core PE lessons.

The course takes place over two years and consists of practical and theoretical components.

Practical Component

Students are assessed in three assessment activities. One must be a team activity, one an individual activity and the third assessment can be from either.

For practical assessments, candidates will be assessed on a variety of criteria:

- Acquiring and developing skills and techniques;
- Evaluating and adapting their own performance;
- Demonstrating an understanding and practical application of the rules/laws and conventions of the physical activity;
- Demonstrating an understanding of health and safety issues and their practical application.

Not only will candidates develop and improve their skills, fitness and understanding within the sporting activities covered, they will also acquire vital life skills such as communication, cooperation, leadership and teamwork.

You will be marked out of 10 for each practical sport you perform in.

Team activity list

⇒ Association football, Badminton, Basketball, Camogie, Cricket, Dance, Gaelic football, Handball, Hockey, Hurling, Lacrosse, Netball, Rowing, Rugby League, Rugby Union, Squash, Table tennis, Tennis, Volleyball

Individual activity list

⇒ Amateur boxing, Athletics, Badminton, Canoeing/kayaking (slalom), Canoeing/kayaking (sprint), Cycling, Dance, Diving, Golf, Gymnastics (artistic), Equestrian, Rock climbing, Sculling, Skiing, Snowboarding, Squash, Swimming, Table tennis, Tennis, Trampolining

Useful resources/ways to improve:

AQA Physical Education student book: Kirk Bizley—Oxford Publications—ISBN 978-0-19-837025-3



“Think big and don’t listen to people who tell you it can’t be done. Life’s too short to think small” **Tim Ferriss**

COURSE OVERVIEW —PHYSICAL EDUCATION

YEAR 10

SEPT 2019 - JULY 2020

Topics to be studied during the first year of the course.

Participation in physical activity
Consequences of a sedentary lifestyle
Obesity, how it affects performances
Somatotypes, energy use and nutrition
carbohydrates, protein and fat
Bones
Structure and functions of skeleton
Muscles of the body
Structure of synovial joint
Types of freely movable joints
How joints allow different movements
Major muscles and the skeleton work together to create movement.

Different types of levers within sport
Mechanical advantage of lever system
Analysis of basic movements
Identification of relevant planes of movement
Pathway of air
Gaseous exchange
Blood vessels
Structure of the heart
The cardiac cycle and pathway of blood
Cardiac output and stroke volume
Mechanics of breathing—muscles used
The use of aerobic and anaerobic exercise

Skill and ability
Different types of goals
How to evaluate performance and set goals
Use of SMART targets
Basic information processing model

YEAR 11

SEPT 2020 - JUNE 2021

Topics to be studied during the second year of the course.

Health and fitness

Relationship between health and fitness
The components of fitness
Linking sports and physical activity to the different components of fitness

Reasons for fitness testing

Measuring the components of fitness
The principles of training and overload
Application of principles of training

Types of training

Advantages and disadvantage of some training methods for different sports
Prevention of injury
Specific training such as high altitude
Warming up and cooling down

Guidance for elite and beginners in sport
Feedback for elite and beginners in sport
Arousal
Inverted U theory
Optimal arousal levels
Different understandings of aggression
Introvert and extrovert personality types
Intrinsic and extrinsic motivation
Engagement patterns in different cultures and social groups
Commercialisation
Types of sponsorship
Positive and negative sponsorship
Positive and negative impacts of technology
Conduct of performers
Prohibited substances
Spectator behaviour and hooliganism

Revision
Exam preparation
Exam



How friends and family can help support students at Key Stage 4

- ◆ Showing an interest in what they are doing.
- ◆ Asking questions about texts, lessons, topics and themes etc.
- ◆ Encouraging students to read as widely and frequently as possible.
- ◆ Discussing both their independent reading and their set texts.
- ◆ Engage students in conversations about current affairs and events.
- ◆ Finding out if there is anything they particularly need help with – e.g. spelling (you could test them too!)
- ◆ Ensuring that you and your child know the deadlines for homework and coursework