

Department: Physical Education

Year 7

Year 7 students have Physical Education timetabled for 2x100 minutes over a two week period.

KS3 Exams

Year 7 – Multiple choice exam

Students work on personal competencies and will begin to develop their Personal, Learning and Thinking Skills. These will enhance the students' ability to work in teams; self-manage, reflect on their own performance, work independently, participate effectively and think creatively about all aspects of their work.

This is carried out through traditional activities such as Football, Rugby and Netball but also to innovative concepts like outwitting an opponent and replication of movement. Within every lesson students will experience team building tasks to ensure all groups can function as a cohesive unit.

Students are also expected to take responsibility for their own learning and personal improvement. In addition, students will have opportunities to explore other areas of participation such as leading, coaching and officiating.

Break down of areas covered:

This area is broken down in to 3 areas:

- Outwitting an Opponent
This is a basic introduction to the 3 types of games (Invasion, Net and Striking and Fielding Games) where students would learn about basic techniques at an introductory level on elements such as attack and defence, sending and receiving etc
- Performing at Maximum Levels
This would focus on the areas of Athletics, and introducing the basic techniques used in the running, throwing and jumping components of athletics.
- Replicating Movement
This would be a basic introduction to Gymnastics. The areas of focus would be shapes, matching and mirroring, and basic balances (individual, pair and group)
- Exercising Safety
This element would focus on introducing a healthy lifestyle with the use of different training methods, SAQ, importance of warm up and effects of exercise on the body.

Year 8

Year 8 students have Physical Education timetabled for 2x100 minutes over a two week period.

KS3 Exams

Year 8 – Multiple choice exam

Students work on personal competencies and will begin to develop their Personal, Learning and Thinking Skills. These will enhance the students' ability to work in teams; self-manage, reflect on their own performance, work independently, participate effectively and think creatively about all aspects of their work.

This is carried out through traditional activities such as Football, Rugby and Netball but also to innovative concepts like outwitting an opponent and replication of movement. Within every lesson students will experience team building tasks to ensure all groups can function as a cohesive unit.

Students are also expected to take responsibility for their own learning and personal improvement. In addition, students will have opportunities to explore other areas of participation such as leading, coaching and officiating.

Break down of areas covered:

This area is broken down in to 3 areas:

- **Outwitting an Opponent**
Students will be continue to develop within the 3 types of games (Invasion, Net and Striking and Fielding Games) where students would learn about more advanced and combining the basic to show progression in different techniques on elements such as attach and defence, sending and receiving etc
- **Performing at Maximum Levels**
This would focus on the areas of Athletics, and introducing the next level on from basic techniques used in the running, throwing and jumping components of athletics and adding in further elements.
- **Replicating Movement**
This would be Gymnastics. The areas of focus would be shapes, matching and mirroring, and basic balances (individual, pair and group). They would also be creating small routines.
- **Exercising Safety**
This element would focus on introducing a healthy lifestyle with the use of different training methods, SAQ, importance of warm up and effects of exercise on the body. Within year 8 the students will be asked to increase the intensity of these training sessions creating personal challenge and goal setting, and relate to sports performers.

Year 9

Year 9 students have 300 minutes over 2 week's period.

KS3 Exams

Year 9 – Multiple choice exam with written element similar to the GCSE paper

Students work on personal competencies and will begin to develop their Personal, Learning and Thinking Skills. These will enhance the students' ability to work in teams; self-manage, reflect on their own performance, work independently, participate effectively and think creatively about all aspects of their work.

This is carried out through traditional activities such as Football, Rugby and Netball but also to innovative concepts like outwitting an opponent and replication of movement. Within every lesson students will experience team building tasks to ensure all groups can function as a cohesive unit.

Students are also expected to take responsibility for their own learning and personal improvement. In addition, students will have opportunities to explore other areas of participation such as leading, coaching and officiating.

Break down of areas covered:

This area is broken down in to 3 areas:

- **Outwitting an Opponent**
Students will be working on advancing their technique in 3 types of games (Invasion, Net and Striking and Fielding Games) where students would learn about advance techniques at a higher level on elements such as attach and defence, sending and receiving etc
- **Performing at Maximum Levels**
This would focus on the areas of Athletics, and showing advance techniques used in the running, throwing and jumping components of athletics.
- **Replicating Movement**
This would be advancing the technique within Gymnastics. The areas of focus would be shapes, matching and mirroring, and basic balances (individual, pair and group). Creating and reflecting on routines and sequences.
- **Exercising Safety**

This element would focus on furthering a knowledge of healthy lifestyle with the use of different training methods, SAQ, importance of warm up and effects of exercise on the body. Students will also be designing their own training programmes and looking at goal settings and training zones.

Year 10

Core PE

At KS4 students are allocated 250 minutes of core PE. Throughout the lessons, the students continue to work on their Personal Learning and Thinking skills from key stage 3. They do this through a wide variety of activities ranging from team games, health related fitness, badminton, tennis, cricket, athletics and many more. Students are encouraged to take on many roles and responsibilities whether it is as performers, leaders, officials and coaches. In some areas / activities students can independently take charge of their learning. Students are also given the opportunity to plan, deliver and facilitate their own and others learning. The core PE lessons provide many experiences and develop skills that can be used later on in life.

Within PE, we would hope that students will be developing the following skills:

- Team work
- Communication skills (Speaking and listening to each other)
- Reflective
- Creative
- Solve Problems
- Become good leaders (being approachable but being able to make decisions to create the best possible outcome.)
- Self-Managers and being organised.

GCSE – OCR

Syllabus website link <http://www.ocr.org.uk/qualifications/gcse-physical-education-j586-j086-from-2012/>

Practical 60% of final mark

Theory 40% of final mark

In year 10 students will cover the following 2 areas:

B451 : An introduction to Physical Education 20% of total GCSE

- 1hr Written Exam

B452 : Practical Performance and Analysis 30% of total GCSE

- Two Practical activities
- Controlled assessment (60 marks)

BTEC Sport

Syllabus website link: <http://www.edexcel.com/quals/firsts2012/sport/Pages/default.aspx>

Edexcel BTEC Level 1/Level 2 First Award in Sport

Unit Core units Assessment

method

GLH

1 Fitness for Sport and Exercise External 30

2 Practical Sports Performance Internal 30

Optional specialist units

- 3 The Mind and Sports Performance Internal 30
- 4 The Sports Performer in Action Internal 30
- 5 Training for Personal Fitness Internal 30
- 6 Leading Sports Activities Internal 30

Year 11

Core PE

At KS4 students are allocated 250 minutes of core PE. Throughout the lessons, the students continue to work on their Personal Learning and Thinking skills from key stage 3. They do this through a wide variety of activities ranging from team games, health related fitness, badminton, tennis, cricket, athletics and many more. Students are encouraged to take on many roles and responsibilities whether it is as performers, leaders, officials and coaches. In some areas / activities students can independently take charge of their learning. Students are also given the opportunity to plan, deliver and facilitate their own and others learning. The core PE lessons provide many experiences and develop skills that can be used later on in life.

Within PE, we would hope that students will be developing the following skills:

- Team work
- Communication skills (Speaking and listening to each other)
- Reflective
- Creative
- Solve Problems
- Become good leaders (being approachable but being able to make decisions to create the best possible outcome.)
- Self-Managers and being organised.

GCSE – OCR

Syllabus website link <http://www.ocr.org.uk/qualifications/gcse-physical-education-j586-j086-from-2012/>

Practical 60% of final mark

Theory 40% of final mark

In year 11, they would be covering the following areas:

B453 : Developing Knowledge in Physical Education 20% of total GCSE

- 1hr Written Exam

B454 : Practical Performance and Analysis 30% of total GCSE

- Two practical activities

Controlled assessment (60 marks)

BTEC Sport

<http://www.edexcel.com/quals/firsts2012/sport/Pages/default.aspx>

Certificate

240 GLH

Equivalent to 2 GCSE sizes

2 Compulsory Units (External moderation):

Unit 1 - Fitness for Sport and Exercise **AND** Unit 7 - Anatomy and Physiology for Sports Performance

Onscreen test with:

multiple choice
short answer
matching exercises, etc.

Questions structured to allow learners to demonstrate the knowledge gained in the unit, and to provide opportunity for high achieving students to develop distinction-level answers.

Including appropriate use of video animation, this testing method offers an interactive, engaging way for learners to demonstrate their understanding of a unit in a fully synoptic way.

BTEC Firsts from 2012 and 2013 | Sport

Assessment

The new BTEC Firsts in Sport contain 2 forms of assessment:

Internal Assessment: Teacher-led assessment remains at the heart of the BTEC Level 2 Firsts
External Assessment: Supporting teacher-led assessment: the right external assessment for Sport.

External Assessment: How it works

Building on the rigorous assessment standards expected of BTEC qualifications, the new BTEC Level 2 Firsts in Sport include externally assessed units in all 3 sizes, comprising 25% of total assessment for the Award (120 GLH) and Certificate (240 GLH), 16% for the Extended Certificate (360 GLH)

Fast Track BTEC

Edexcel BTEC Level 1/Level 2 First Award in Sport Unit Core units Assessment method GLH 120

1 Fitness for Sport and Exercise External 30
2 Practical Sports Performance Internal 30

Optional specialist units

3 The Mind and Sports Performance Internal 30
4 The Sports Performer in Action Internal 30
5 Training for Personal Fitness Internal 30
6 Leading Sports Activities Internal 30

Full BTEC

Edexcel BTEC Level 1/Level 2 First Certificate in Sport Unit Core units Assessment method GLH 240

1 Fitness for Sport and Exercise External 30

2 Practical Sports Performance Internal 30

Mandatory unit

7 Anatomy and Physiology for Sports Performance External 30

Optional specialist units – Students will cover up to 5 of these units.

3 The Mind and Sports Performance Internal 30

4 The Sports Performer in Action Internal 30

5 Training for Personal Fitness Internal 30

6 Leading Sports Activities Internal 30

8 Promotion and Sponsorship in Sport Internal 30

9 Lifestyle and Well-being Internal 30

10 Injury and the Sports Performer Internal 30

11 Running a Sports Event Internal 30

12 The Sport and Active Leisure Industry Internal 30

Year 12

Level 3 BTEC Extended Diploma in Sport – 180 credits

<http://www.edexcel.com/quals/nationals10/sport/Pages/default.aspx>

BTEC 100% C/W

Units Covered in Yr12:

Unit 1; Anatomy & Physiology

Unit 2: Physiological effects

Unit 3: Assessing Risks

Unit 4: Fitness Training/Programme

Unit 5: Sports Coaching

Unit 6: Sports Development

Unit 7: Fitness Testing

Unit 8: Team Sport

Unit 9: Individual Sport

Unit 14: Exercise Health Lifestyle.

A Level PE

Exam board – AQA

<http://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-2580>

PHED 1:

Is studied and completed in Year 12 as an A/S qualification. The course covers three main areas:

- Applied Exercise Physiology – The student will study how the body responds to exercise. Content has a scientific approach investigating and understanding, The Cardio Vascular System, The Respiratory System, Biomechanics, The Skeletal System, The Muscular System. Students will need to apply knowledge of the above areas to practical situations for example, Fitness Tests.
- Skill Acquisition - The student will study basic sporting psychology in the following areas: Characteristics of Skill, Classifying Skills, Information Processing, Learning and Performance. Students will need to apply knowledge of the above areas to practical situations for example, Teaching Styles in coaching situations.
- Opportunities of Participation – The student will study the benefits of sport within society. The following areas will be covered: Characteristics and Objectives of Sport, Benefits of Sport, Increasing Participation and Barriers within sport

PHED 2:

Is the practical element of the A/S Level course. Students can either be Performer, Official or Coach in two activities. Students will need to apply knowledge to show how performance can improve. Sporting activities cannot be variations of the same activity for example Rugby Union and Rugby League. The student can choose two roles from the same activity for example Football Player and Football Coach.

Exam Break Down:

PHED 1 = 60% OF A/S Level and 30% of A Level

2 hour written exam

84 Marks

Two Sections:

Section A: Six Structured Questions

Section B: Application of Theoretical Knowledge to a Practical Situation

PHED 2 = 40% of A/S Level and 20% of A Level

Internal Assessment with External Moderation

100 marks

Candidates perform, analyse and evaluate core skills/techniques in isolation and structured practice as either player/coach/official

Year 13**Level 3 BTEC Extended Diploma in Sport – 180 credits**

<http://www.edexcel.com/quals/nationals10/sport/Pages/default.aspx>

Units Covered In Yr 13:

Unit 11: Nutrition

Unit 13: Leadership

Unit 17: Psychology

Unit 18: Injury In sport

Unit 19; Analysis of Performance

Unit 20; Talent ID

Unit 22: Rules/ Regulations

Unit 23: Organising a sporting event

A Level PE

Exam board – AQA

<http://www.aqa.org.uk/subjects/physical-education/a-level/physical-education-2580>

PHED 3:

Is studied in year 13 as an A Level. PHED 3 is a progression from the areas covered with A/S Level PE. Topics covered are the following:

- Applied Physiology to Optimise Performance which is broken down into the following categories: Energy Systems, Muscles, Preparation for Training, Specialised Training, Sports Injuries, Mechanics of Movement
- Psychological Aspects that Optimise Performance which is broken down into the following categories: Aspects of personality, Arousal, Anxiety, Attitudes, Aggression, Confidence, Attribution Theory, Group Success, Leadership,

- Evaluating Contemporary Influences which is broken down into the following categories: Olympics, Sporting Organisations, Olympic Ideal, Deviance in Sport.

PHED 4:

Is the practical element of the A Level course. Students will be required to produce a written piece of coursework that analyses/evaluates a performance of a player/coach/official. The student will need to show how the performance can be developed and improved.

PHED 3 = 30% of A Level

2 Hour Written Exam

84 Marks

Three Sections

Section A – How exercise physiology can optimise performance

Section B – How application of psychological knowledge can optimise performance

Section C – Contemporary influences in sport and their impact on the performer

PHED 4 = 20% of A Level

Internal assessment and External Moderation

120 Marks

Candidates perform, analyse and evaluate their own performance, identify areas of performance that they could improve and suggest causes and appropriate corrective measures.

For more information please e-mail: nbennet@ravensbourne.info