

Students have one core Physical Education lesson a week. This gives them the opportunity to develop physical skills in a range of activities and expand their knowledge of health related fitness. Activities covered include traditional sports, like basketball and badminton, team-building activities, as part of an Outdoor Education programme, and Health Education.

We encourage students to develop their sporting interests through the extra-curricular programme and we offer an extensive range of activities. Teams compete in a variety of inter-school competitions, such as badminton, basketball, football and rugby, and the inter-house competitions supplement this. We also guide students to other sport and leisure opportunities outside college to encourage students to make participation in regular physical activity a life-long experience.

The college has a designated PE kit that must be worn to all PE lessons.



In addition to core PE, we also offer GCSE PE and the BTEC Level 2 First Award in Sport to students wanting to study a PE/Sport based course as an additional option subject. The following table compares the differences between the two:

Qualification	GCSE PE	BTEC Level 1/Level 2 First Award in Sport
Worth	1 GCSE Graded from A* - G.	Equivalent to 1 GCSE's A* - C. Graded as a Pass, Merit or Distinction.
Structure	<b>60% Practical</b> Assessed in <b>four</b> activities across <b>two</b> activity areas. Analysis in <b>one</b> activity. Personal Exercise Programme <b>40 % Theory</b> Written exam paper.	120 Guided Learning Hours (GLH) Fitness for Sport & Exercise – 30 GLH Practical Sport – 30 GLH Anatomy & Physiology – 30 GLH Training for Personal Fitness – 30GLH
Assessment	1½ hour written exam paper taken at the end of Year 11. 4 practical assessments and an Analysis of Performance task.	There is no written examination. Students complete a number of assignments that are internal assessed. There is <b>one</b> external test that is completed online.
Pathways	- A Level PE - University	- BTEC Level 3 in Sport - Employment in the Sport & Leisure industry. - University.

Both qualifications give students the opportunity to develop their knowledge and understanding of Physical Education, but they cater for students with different strengths.

## IMPORTANT

The GCSE PE requires students to be strong performers in four practical activities, as the grade boundaries of this element of the course are very high. Students must also have the academic ability to sit an end of year exam.

The BTEC Level 2 First Award in Sport caters for students who have an interest in PE and Sport, but are not strong all-round sports performers or struggle in written exams.

## BTEC – FIRST AWARD IN SPORT

## OPTION SUBJECT

Exam Board: Edexcel

The BTEC Level 2 First Award in Sport is broadly equivalent to 1 GCSE and consists of 120 guided learning hours. Students must complete two compulsory units:

### Unit 1 – Fitness for Sport and Exercise (30 GLH)

This unit involves looking at components of fitness, methods of training and fitness testing. Lifestyle factors and sports psychology are also studied within this section.

### Unit 2 – Practical Sport (30 GLH)

This unit requires students to demonstrate their practical skills and techniques, alongside their knowledge of tactics, rules and scoring systems, in one individual sport and one team sport.

One mandatory unit on Anatomy and Physiology and 1 optional unit make up the remaining 60 GLH. These include Leading Sports Activities; Training for Personal Fitness and The Sports Performer in Action.

Students will attend five timetabled lessons across two week that will include a variety of practical and theory based tasks. The majority of lessons will be delivered practically.



## GCSE PE

## OPTION SUBJECT

Exam board: Edexcel

GCSE PE is designed to enable students to enjoy and understand the benefits of living an active and healthy lifestyle and to provide a route to further study, such as A-Levels and to Higher Education, as well as to related career opportunities.

GCSE PE is assessed practically (60%) and theoretically (40%). The practical unit consists of a controlled assessment in **four** practical activities from at least **two** activity groups. It also includes an Analysis of Performance task in **one** practical activity and a Personal Exercise Programme (PEP). The theoretical unit is assessed via a 1½ hour written paper at the end of year 11 covering all work studied over the two year period. This qualification leads directly to the A-Level PE course.

Each student will attend three GCSE PE lessons a week – two in a practical setting, one theory lesson in a classroom studying topics such as:

Section 1.1 – Healthy, active lifestyles (e.g. health and fitness, training and diet).

Section 1.2 – Your healthy, active body (e.g. cardio-vascular, respiratory, muscular systems).

Regular end of unit tests, containing past exam questions, are used to assess student progress.

Please see the full course descriptions for PE GCSE and SPORT BTEC in the options section of the guide