

Course Overview

The course has two main components:

Unit 1 – The Theory of Physical Education

The theory aspect of the course is classroom based and covers issues relating to physical activity. Section 1.1 (Healthy, active lifestyles) includes topics such as health, fitness, exercise, training and diet. Section 1.2 (Your healthy, active body) looks at the cardio-vascular system, respiratory system, muscular system and skeletal system in relation to physical activity and sport.



Unit 2 – Performance in Physical Education

The practical aspect of the course gives students the opportunity to develop their skills, techniques and understanding across various activity areas. It includes four practical performances from two different activity areas. Students can be assessed as a performer, official or coach/leader. Performances while representing school teams or local clubs can be used to support your work.



Assessment

Exam – students complete a 1½ hour written examination paper at the end of Year 11 covering all the theory covered as part of Unit 1. This is marked externally and is worth 40% of your final grade.

Practical – members of the Physical Education staff will assess practical activities during a practical exam week in Year 11. Students are required to offer four performances in practical activities, each marked out of 10. This is externally moderated.

In addition, students must complete an *Analysis of Performance* task, based on one of their chosen practical activities, that includes a *Personal Exercise Programme*. This is out of 10.

Qualities needed for PE Students

Students need to be strong practical performers in a range of sports and participating in physical activity regularly outside of school. They also need to be academically sound to cope with the demands of the theoretical component of the course. Appropriate homework will be set throughout the course and students will be expected to complete regular written tests.