

Physical Education (Games)

Qualification

N/A

Course Content

The course covers a range of different activities some of which you have done before i.e. netball, dance, rounders and some of which may be new to you i.e. aerobics, trampolining, volleyball. You get to choose which activities you would like to do. You still have to follow the national curriculum for one of your choices but there is greater emphasis on you assuming different roles for example umpiring, officiating and choreography.

Assessment

You are assessed in three areas of work using the National Curriculum levels 5 – 8.

Coursework Element:-

None

Frequently asked questions

Do I still do core PE if I pick GCSE PE?

Yes you do. Core PE is part of the national curriculum and all pupils in KS4 must follow it. GCSE PE is your option choice. Think of it as a separate subject.

Do we get to choose what we do?

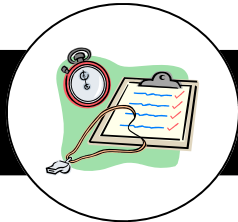
You have to continue to follow the National Curriculum and will be assessed in a selection of activities, however you will get an opportunity to choose options in a recreational block of work.

Can we go off site?

Unfortunately the time available to us does not enable us to take you off site.

What kit do we wear?

In year 10 and 11 you still wear Millais PE kit but you decide what you want to wear for each activity. In other words you can wear tracksuit trousers cycling short, black shorts or games skirt whenever it suits you throughout the year.



JSLA Award (Junior Sports Leadership)

Qualification

N/A

Overview

Pupils will improve their organisational, communication and leadership skills. Pupils learn how to plan, prepare and run a simple sporting activity

Skills

- Communications skills
- Teamwork
- How to motivate other people
- The ability to organise and plan activities
- Improvising: adapting to unexpected circumstances
- Officiating

All these skills are useful in life and in the workplace as well as in sport.

Course Content

The level 1 Sports Leader Award is a nationally recognised award for 14-16 year olds. The Award develops a young person's skills in organising activities, planning, communicating and motivating. Sports Leaders is an excellent stepping stone for young people to become involved in leading and coaching sport.

Participants do not need to be budding sports stars – an **interest in sport** and a **positive attitude** are all that are required.

Assessment

The sports leader award consists of two modules, A & B:

Module A

Module A covers the fundamentals of sports leadership, and which is applicable to a wide variety of sporting and recreational activities. This includes:

Unit 01 - Planning, preparing and assisting a simple sporting activity

Unit 02 - Basic communication skills for leading a sporting activity

Unit 03 - Principles / practice in delivering a basic health / fitness session

Unit 04 - Understanding fair play in sport

Unit 05 - Understanding the role of the sports official

Unit 06 - Understanding the scope of local sport and recreation activities

Unit 07 - Demonstration of leadership skills in sport

Module B

Sports Leader Award candidates lead for a minimum of one hour of sporting or recreational activity of which they have been the sole planner. These are generally 3 x 20 minutes sessions.

Frequently asked questions

What are the Sports Leader Awards?

The huge popularity of sport makes it the ideal medium for the training and development of young people. The skills which a candidate develops throughout the course assist her in organising sport or recreation for other people and help to develop vital life skills such as managing oneself and others, teamwork, and communication.

Why are they called awards?

Because you get a certificate at the end of the course to show that you have achieved a qualification. It is an achievement and proof of new skills that is recognised by the Government.

What sporting interest or skill do participants need?

Only an interest in sport. You don't have to be athletic or to be competing in anything.

What does it lead to afterwards?

The Awards are a stepping-stone to:

General employment

Further education e.g. Sport and Leisure studies.

Becoming a qualified coach in a specific sport.



Physical Education

Qualification

Edexcel GCSE in Physical Education

Overview

To develop and improve personal and team skills, understanding of tactics and strategies. To develop performance, leadership and officiating skills. To understand the relationship between exercise, training and performance

Skills

You will learn skills and abilities to succeed in sport and excellent communication skills.

Course Content

Year 10 Will receive 5 lessons a fortnight in addition to your two lessons a week in core PE. During this time you will study exercise and training and undertake a personal exercise programme which you will devise. You will also study and be assessed in Badminton, netball, Fitness, Rounders and athletics. The theory work covered will focus on **Healthy active lifestyles**; benefits of healthy active lifestyles, influences on participation, exercise and fitness

Year 11 you will revisit each of the practical components of the course and receive a final assessment which will go towards your exam.

In the theory you will study **Healthy Active Body**: cardiovascular system, respiratory system, muscular system, skeletal system.

Assessment

Practical 60% You will be assessed in **four** activities one of which will include an analysis of performance. (You will be assessed in rounders, badminton, netball and fitness as either a player/participant, official, or leader (coach)

Practical

60%

Theory

40%

Theory 40% - you will complete a written exam (1 hour 30 minutes) consisting of multiple choice and short answer questions

Frequently asked questions

Do I have to do the activities that have been shown? *You do have to study these particular activities in your lessons. This is because of staffing and facilities. However if you do something outside school for example you play football or tennis we can use this as your coursework instead of your weaker subject from your lessons. The practical element of the course covers a wide range of activities. If you belong to a club outside of school come and ask us and we can check if your activity is included in the syllabus. The chances are it is!*

Does it matter that I don't belong to any clubs or play in any teams in school or in the community?

Yes it does. Ideally you need to be able to perform practically to quite a good level as 60% of the course is assessed practically. If the only sport you play, is in your lessons it will put you at a disadvantage.