

**CORE (NON-EXAMINATION) PHYSICAL EDUCATION FOR ALL PUPILS
YEARS 10 AND 11**



In Years 10 and 11, pupils have one core Physical Education lesson per week. They have an element of choice about the activities they do, opting for sporting preferences that the Physical Education Department cater for wherever possible.

There are three teaching blocks across the autumn and winter terms and students will practise a different activity in each block, from the list below:



<i>Badminton</i>	 Physical Education	<i>Gymnastics</i>
<i>Basketball</i>		<i>Hockey</i>
<i>Dance</i>		<i>Netball</i>
<i>Fitness</i>		<i>Rugby</i>
<i>Football</i>		<i>Trampoline</i>



In the summer term, pupils choose two activities from the following:

<i>Athletics</i>	<i>Rounders</i>
<i>Cricket</i>	<i>Tennis</i>

The aim of the Physical Education curriculum in Years 10 and 11 is:

- To allow pupils to develop their skills and techniques in activities of their choice.
- To enable pupils to study activities in greater depth.
- To develop pupils' skills of planning, performing and evaluating, to enable them to become more responsible for their own learning.

Please contact Mr S McKay or Mr D Attewell if you would like further guidance.

PHYSICAL EDUCATION: BTEC TECH AWARD IN SPORT - Level 1/2

- The course is worth the equivalent of one GCSE grade 9 – 1 but has its own seven tier grading system:

Level 2 Distinction

Level 1 Distinction

Level 2 Merit

Level 1 Merit

Level 2 Pass

Level 1 Pass

Unclassified

Course Overview:

Component	GLH	Qualification Weighting	Marks available	Type of assessment	Length of Assessment
Component 1: Preparing Participants to Take Part in Sport and Physical Activity	36	30%	60	Internal assessment (PSA*) with 3 tasks. Externally moderated	5 hours of supervised sessions
Component 2: Taking Part and Improving Other Participants' Sporting Performance	36	30%	60	Internal assessment (PSA*) with 4 tasks. Externally moderated	4 hours of supervised sessions
Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity	48	40%	60	External synoptic exam. Externally marked	1 hour 30 mins

*Pearson set assignments (PSAs) are set by Pearson, marked by West Park teachers and moderated by Pearson.

The majority of the course is theory based and taught in the classroom, but there will be practical elements to help with learning and assessment. However, students do not need to be elite performers to achieve highly in this course.

Content Overview:

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Learners explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Learners investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participant's sporting performance.

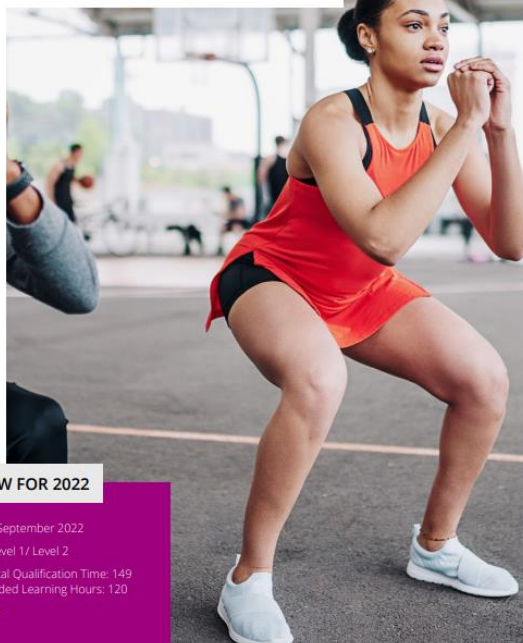
Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

Learners are introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

Please contact Mr S McKay or Mr D Attewell if you would like further guidance.



Quick Guide to the **BTEC Tech Award in Sport (2022)**



BRAND NEW FOR 2022

First teaching: September 2022

Course level: Level 1/ Level 2

Course size: Total Qualification Time: 149 hours/ Total Guided Learning Hours: 120

QN: 603/7068/3

PHYSICAL EDUCATION: GCSE

This course is designed to help pupils develop an understanding of human performance in both a practical and a theoretical way.



Pupils are taught to appreciate the need for physical exercise by encouraging their safe participation in physical activities. They are helped to acquire skills and to develop their interest and expertise in a variety of activities.

This course would be particularly suited to pupils with a high level of practical ability; 30% of the final mark is awarded according to the skill level shown in their sporting practical activities.

Course Content

Component 1: Fitness and Body Systems	Component 2: Health and Performance
<ul style="list-style-type: none"> • Written Examination = 1hr 30min • 36% of the qualification • 80 Marks <p>Content Overview Section A: Anatomy & Physiology and Movement analysis Section B: Physical Training Section C: One extended response on Physical Training topic only</p>	<ul style="list-style-type: none"> • Written Examination = 1hr 15min • 24% of the qualification • 60 Marks <p>Content Overview Section A: Health, Fitness and Wellbeing Section B: Sports Psychology and socio-cultural influences Section C: One extended response on Sports Psychology and socio-cultural influences only</p>



Component 3: Practical Performance	Component 4 – Personal Exercise Programme
<ul style="list-style-type: none"> • Internally marked • 30% of the qualification <p>Assessment Overview Pupils are assessed in their practical performance in three activities from a set list.</p> <ul style="list-style-type: none"> • One must be a TEAM activity • One must be an INDIVIDUAL activity. • The final activity can be a free choice so either team or individual. 	<ul style="list-style-type: none"> • Non-examined assessment • Internally marked • 10% of the qualification <p>Content Overview</p> <ul style="list-style-type: none"> • Aim and planning analysis • Carrying out and monitoring the PEP • Evaluation of the PEP <p>Assessment Overview Pupils will be assessed on their ability to:</p> <ul style="list-style-type: none"> • Analyse and evaluate their performance in a physical activity. • Produce a Personal Exercise Programme.

Please contact Mr O Page if you would like further guidance