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**Course highlights:**

The course will give you exciting opportunities to be involved in a number of different physical activities, promoting an active and healthy lifestyle. As well as performing and participating in a variety of physical activities, you must develop competence in the planning of training programmes and analysis of your own and others' sporting performance. Students should have a keen interest in Physical Education and sport, participating in multiple physical activities both in school and out, enjoy being active and appreciate the benefits of keeping fit and a healthy lifestyle.

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**Learning styles used:**

You will develop your knowledge and practical skills in a range of physical activities, examine the effects of exercise and how we can improve performance, find ways to improve your own performances in a variety of roles and identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity. In addition you will be required to learn and apply scientific theory regarding how the human body works and how this allows us to perform at a high level.

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**How is it assessed?**

**THEORY:** Externally assessed through **two** written examination papers of 1 hour each, one covering the anatomy of physiology and the other health and fitness and sport psychology. This in total will contribute a maximum of 60% towards your total marks.

**PRACTICAL:** Assessed in two areas, firstly in the performance of three exam board approved sports. The first must be a team sport; the second must be an individual sport and third can be from either category. The second area of assessment is an Analysis and Evaluating of Performance (AEP) task requiring students to apply their theoretical knowledge to practical performance. This in total will contribute a maximum of 40% towards your total marks.

**PLEASE BE AWARE THAT, IN ADDITION TO THEORY LESSONS, FULL PARTICIPATION AT ALL PRACTICAL LESSONS IS EXPECTED.**

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**Other information:**

Students are expected to participate on a regular basis in all PE lessons, extra-curricular activities & play a full role in House and school teams. There is also an expectation that students will attend a self-funded outdoor education weekend residential.

Throughout all the course we hope to achieve the following with support from parents & pupils:

1. To promote physical activity and healthy lifestyles
2. To develop positive attitudes
3. To ensure safe practice

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**Sixth form pathways & careers available from this course:**

Ideal preparation for the BTEC Sport or 'A' Level Physical Education & Sports Science. In addition, the course develops the transferable skills and key skills that employers are looking for and can lead to a wide variety of employment opportunities.

This can include further training in areas such as recreational management, leisure activities, coaching & officiating.

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**Course combinations:**

This course complements GCSE Science, GCSE Dance and GCSE Food Preparation and Nutrition.

Please see **any PE Faculty Staff (PE Office)** to discuss this course.