

Physical Education

Year 7 (4 hours a fortnight):

Boys: Health Related Fitness, Orienteering, Basketball, Gymnastics, Football, Tennis, Athletics, Table Tennis, Rugby, Badminton, Cricket.

Girls: Health Related Fitness, Orienteering, Basketball, Football, Athletics, Tennis, Rounders, Netball, Hockey, Gymnastics and Dance.

Year 8 (4 hours a fortnight):

Boys: Health Related Fitness, Orienteering, Basketball, Gymnastics, Football, Tennis, Athletics, Table Tennis, Rugby, Badminton and Cricket.

Girls: Health Related Fitness, Orienteering, Basketball, Football, Athletics, Tennis, Rounders, Netball, Hockey, Gymnastics and Dance.

Year 9 (4 hours a fortnight):

Boys: Health Related Fitness, Orienteering, Basketball, Trampolining, Football, Tennis, Athletics, Table Tennis, Rugby, Badminton and Cricket.

Girls: Health Related Fitness, Orienteering, Basketball, Football, Athletics, Tennis, Rounders, Netball, Hockey, Trampolining and Dance.

KS4 (5 hours a fortnight):

GCSE PE

Exam Board: AQA

40% Controlled assessments:

- Consists of performance in three sports and activities which are selected from a variety of sports and activity profiles. A candidates top three activities go towards their final mark even though they will take part in many sports during lessons.
- Coursework task which analyses skill and performance.

60% Theory Examination at the end of year 11.

Theory topics include:

Paper 1

Applied anatomy and physiology

Movement analysis

Physical training

Paper 2

Sports psychology

Socio-cultural influences

Health, fitness and well-being

KS4 Core PE (3 hours a fortnight):

PE at key stage four aims to educate and encourage pupils to lead a healthy and active lifestyle. Pupils chose a pathway of activities in which they will take part in a variety of activities similar to key stage three as well as new ones including less traditional sports such as Ultimate Frisbee, Softball, Fitness, & Yoga. Pupils also undertake a sports leader unit in year ten and an officiating unit in year eleven.

KS5: A Level PE (8 hours a fortnight):

Physical Education at A Level builds on knowledge which was acquired at GCSE Level.

Exam Board: AQA

AS

60% Theory Exam

40% Controlled Assessment: Performance in one sport from a wide variety of activity profiles and an Evaluating Performance written task.

Theory Units

- Physiology & Anatomy
- Skill Acquisition
- Socio-Cultural aspects of Sport
- Exercise & Sport Physiology
- Sport Psychology
- History of Sport