



# King James's School

## Physical Education

### Key Stage 4 Options



# Key Stage 4 COURSE OVERVIEW

Core PE  
**Everyone**  
3 lessons  
Every 2 weeks

OPTION 1  
**GCSE PE**

5 lessons over 2 weeks  
30% practical attainment  
60% theory exam  
10% coursework

OPTION 2  
**BTEC**

2 lessons per week  
75% written course work  
25% theory exam

# GCSE PE FULL COURSE OVERVIEW

GCSE PE  
2016

FULL COURSE

## UNIT 1

Theory of PE

1 X 90 marks (36%)

1 x 70 marks (24%)

60%

## UNIT 2.1

Practical Activities

3 X 35 marks

30%

## UNIT 2.2

Personal Exercise Programme

1 x 20marks

10%

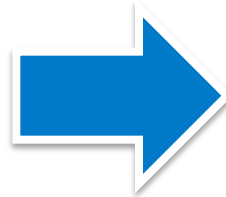


## UNIT 1 The Theory of Physical Education

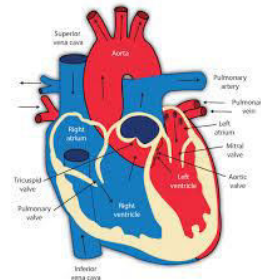
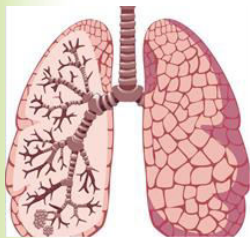
### Part 1 (3 hour over 2 weeks)

#### Fitness and Body Systems

- Applied Anatomy and Physiology
  - Movement Analysis
  - Physical Training
  - Use of Data
- 1 hour 45 minutes & 36%*



- ✓ The 4 body systems
- ✓ Effects of exercise
- ✓ Principles of movements
- ✓ Levers
- ✓ Health & Fitness
- ✓ Components of Fitness
- ✓ Principles of Training
- ✓ Methods of Training
- ✓ Injuries
- ✓ Long term benefits of exercise



## UNIT 1 The Theory of Physical Education

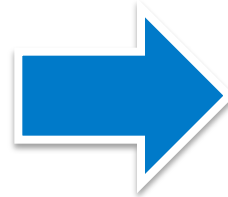
### Part 2

(3 hour over 2 weeks)

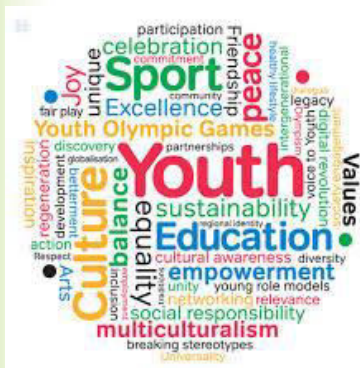


#### Health and Performance

- Health, fitness and well-being
  - Sport Psychology
  - Socio-cultural influences
  - Use of Data
- 1 hour 15 minutes & 24%*



- ✓ Benefits of participation
- ✓ Healthy active lifestyle
- ✓ Energy and diet
- ✓ Classification of skills
- ✓ SMART targets
- ✓ Mental preparation
- ✓ Engagement of social groups
- ✓ Commercialisation of sport
- ✓ Ethical and socio-cultural issues



#### SMART Goals

- S = Specific
- M = Measurable
- A = Achievable
- R = Relevant
- T = Time-Bound



## UNIT 1 The Theory of Physical Education (Exams)

### *2 exams*

- 1 = 1 hour 45 minutes.
- 90 marks
  
- 2 = 1 hour 15 minutes
- 70 marks



Multiple choice

Short answer questions

Extended writing questions (9 marks)

Total = 80 marks = 40%



# GCSE PE FULL COURSE

## UNIT 2.2. Written Controlled Assessment Personal Exercise Programme 10% - 20 marks



Plan a personal exercise programme (PEP)  
Complete and monitor the PEP  
Evaluate the PEP and analyse its success  
Maximum of 12 hours in total

Must be carried out on one of 3 practical activities.



## UNIT 2.1. Practical Controlled assessment



### Practical Activities (1 hour per week)

3 to be offered

Activities must be one team,  
one individual  
one of their choice



- Assessment = 35 marks per sport.
- Performance skills / techniques in isolated situations (out of 10)
- Apply skills / techniques into game situations (out of 25)

$$3 \times 35 = 105 = 30\%$$







- **Summary**
- Requires practical ability in 3 sports
- An interest in fitness and the benefits of sport
- Understanding of theoretical concepts
- To plan, carry out and analyse a PEP
- An interest in sport and physical activity
  
- Gives you the opportunity to gain practical and social skills.
- Taught using a range of strategies - practical and interactive.
- Provides knowledge in all the key areas of Physical Education.



"YOU MISS 100%  
OF THE SHOTS  
YOU DON'T TAKE."

-WAYNE GRETZKY



## STUDENT VOICE!

**CONFIDENCE**

is **THE** game. Don't leave  
Get Mentally Tough! **IT** to chance...



"**ABILITY**  
is what you're capable of doing.

**MOTIVATION**  
determines what you do.

**ATTITUDE**  
determines how well you do it."

- Lou Holtz

QuotesIdeas.com





## Level 2 SPORT



# BTEC SPORT COURSE OVERVIEW

- Level 2 Qualification- **Pass, Merit, Distinction or Distinction\***
- 2 hours per week over 2 years

## 4 Core Units:

- **Unit 6:** Leading Sport Activities
- **Unit 2:** Practical Sport Performance
- **Unit 5:** Training for Personal Fitness
- **Unit 1:** Fitness for Sport & Exercise
- **Each unit is worth 25% of final mark**



# BTEC COURSE OVERVIEW

## ASSESSMENT:

- The course involves the completion of teacher set assignments set throughout each unit apart for unit 1

- Example of the different assignments that students will complete include:

- *Written/ Verbal Presentation*
- *Handbooks/leaflets*
- *PowerPoint presentations*
- *Lesson plans*
- *Personal Exercise Programmes*

- All assignments are completed within the timetabled GLH

- Practical 50:50 Theory



## The Exception...

### Unit 1: Fitness for Sport and Exercise:

- 50 mark Onscreen test
- Worth 25% of final mark
- Multiple Choice, One word Answer, Matching Exercises and 8 mark question

*“This testing method offers an interactive and engaging way for learners to demonstrate their understanding of a unit in a fully synoptic way”*

## Who should choose BTEC SPORT?

### A student who...

- Performs well in written coursework and seeks the benefits from regular teacher feedback
- Does not want to be assessed on their practical capabilities
- Is interested in health, fitness and sport & wants a qualification in this area
- Requires a deeper understanding of sport, fitness and health





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ANY QUESTIONS?

A PEARSON COMPANY

