

Curriculum Overview:

Practical

In Year 10 examination PE the pupils are selected to follow two different pathways. If they are selected upon the GCSE course students will explore the following practical activities below. If they are selected to be on the BTEC course they will explore the following practical activities below.

| Yr 10 Practical | GCSE | BTEC |
|-----------------|------------------------|-----------------------|
| Half Term 1/1 | Orienteering / Archery | Badminton |
| Half Term 2/1 | Badminton Umpiring | Basketball |
| Half Term 1/2 | Circuit Training | Badminton/ Basketball |
| Half Term 2/2 | Rock Climbing | Methods of Training |
| Half Term 1/3 | Rock Climbing | Circuit Training |
| Half Term 2/3 | Boccia | Fitness testing |

Theory

| Yr 10 Theory | GCSE | BTEC |
|---------------|--|---|
| Half Term 1/1 | Chapter 1 - The Participant as an Individual | Unit 2 – Practical Sport Course work 3 assignments |
| Half Term 2/1 | Chapter 2 - Physical and Mental Demands of Performance Chapter 3 - Leisure and Recreation Standardised MID-YEAR TESTING | |
| Half Term 1/2 | Chapter 4 – Diet Chapter 6 - Training | Unit 2 – Practical Sport Unit 1- Fitness testing |
| Half Term 2/2 | Chapter 5 - Health, Fitness and a Healthy and Active Lifestyle | |
| Half Term 1/3 | Chapter 8 - Cultural and Social Factors | Unit 1- Fitness testing 1 hour on line exam |
| Half Term 2/3 | Chapter 7 - School and Physical Education Standardised END OF YEAR TESTING | |

Homework & Assessments Overview:

GCSE students complete an end of chapter assessment at the end of the taught unit. Pupils will also undergo standardised mid-year and end of year longer paper exams. BTEC students have to complete two units of work which involves 6 assignments. All the assignments have strict deadlines which have to be met to complete the course.

Students are given homework in both programmes of study on a weekly basis.

Useful Websites:

- www.bbc.co.uk › Home › GCSE
- www.brianmac.co.uk
- www.aqa.org.uk/ physical education
- www.edexcel.com/Subjects/BTEC-Sport

Practical tips / activities for parents to support learning at home:

- Ensure 20 minutes of reading/ writing at home related to the lesson that had been taught that day.
- Support all revision classes and Saturday support classes.
- Ensure they have PE kit ready for practical lessons.
- Encourage the reading of newspapers (sport pages) and the watching of sports documentaries