

PHYSICAL EDUCATION

This course is an excellent starting point for a career in the Sports and Leisure industry. Many ex-students have become sports coaches or personal trainers, as well as gym instructors. It has led students onto A Level study in Sport and further degree courses in Sports Science, Sports Medicine, Physiotherapy, Sports Psychology, Biomechanical Analysis and even PE teaching.



Exam Board	Paper Specification	Subject Type
Pearson	1PE0	Option
Qualification Awarded		
GCSE Physical Education		

ASSESSMENT

Unit 1	<ul style="list-style-type: none"> Theory of PE (60%) The two examination papers cover different topics. Paper 1 covers Fitness and Body Systems which relate to Anatomy & Physiology, Movement analysis, and Physical Training. Paper 2 covers Health and Performance which relate to Health, Fitness & Well-being, Sport Psychology, and Socio-cultural influences.
Unit 2	<ul style="list-style-type: none"> Practical PE (40%) Students can do up to three sports, each worth 10% of the final mark. A Personal Exercise Plan (PEP) is worth 10% of the final grade. Students will be assessed in an individual activity as well as a team activity and then have a choice about which other sport they do.

EXPECTATIONS

GCSE Physical Education is a demanding yet fun course to participate in, as it combines both practical and theory elements. The practical element is 40% of the overall grade and can be delivered through the student undertaking three different sports and a Personal Exercise Plan. The other 60% is based on the theory that underpins sport, such as Anatomy, Physiology, and Psychology.

There are two terminal examinations that are sat at the end of Y11. Students will need to revise for these examinations; this is ongoing throughout, as there are a series of tests and mock papers to ensure progress ins on track.

Practice is the key to any performance. If a student is willing to try new things, experiment and shows no fear of failure, they will find that by trial and error their performances will improve. The more they practise their skills in lessons, the more they rehearse their techniques, and the more they revise their theory, the better they will become.

SPORT & COACHING PRINCIPLES

This vocational qualification in Sport and Coaching Principles has been designed to encourage students to pursue a qualification that provides an insight into sports performance and coaching. This qualification is the start to a career in the sport and leisure industry with opportunities with coaching, fitness instructing and further education settings.



Exam Board	Paper Specification	Subject Type
WJEC	5259QA	Option
Qualification Awarded		
Level 1/Level 2 Vocational Award in Sport and Coaching Principles		

ASSESSMENT

Unit 1	<p>Fitness for Sport</p> <ul style="list-style-type: none"> • Structure, functions and adaptations to the body's systems in relation to sport, exercise and physical activity. • The importance of the components of fitness for different physical activities • The role of training in achieving improvements in fitness
Unit 2	<p>Improving Sporting Performance</p> <ul style="list-style-type: none"> • Factors affecting sporting performance (physiological and psychological) • Analysis of your own sporting performance
Unit 3	<ul style="list-style-type: none"> • Coaching Principles • Knowledge of the skill and responsibilities of a sports coach • Understanding the coaching process • How to coach • Reviewing the coaching performance

EXPECTATIONS

The qualification is made up of three units and contains several different aspects of sport and coaching. These include improving the performance of you and other athletes, how to assess the needs of an athlete, how to produce training programmes that will develop physical fitness, and how to lead coaching sessions for groups with different needs. Units 2 and 3 are internally assessed coursework units and Unit 1 is an examination unit. Students will complete Units 2 and 3 before they are able to sit the exam as a terminal rule. Information learnt in Units 2 and 3 will aid students in completing the exam unit.

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