

# PHYSICAL EDUCATION

The PE department has the fundamental “sport for all” philosophy; we want students to participate in physical activities for enjoyment and health. We also encourage all to excel and aim for a high level of representation.

The leisure centre, swimming pool, school sports hall, floodlit netball/tennis courts and vast playing fields provide an excellent opportunity for students to excel in whatever their chosen activity. We also have very close links with many clubs within Ludlow who allow us to use their facilities, in particular our neighbours Ludlow Town FC, Ludlow Rugby Club, Ludlow Hockey Club and Ludlow Cricket Club.

## **Aims of the subject**

We would like students to:

- Understand the concept of personal best and strive for it in all of their lessons; know themselves well, both their strengths and weaknesses
- Work independently and as part of a team getting the best from themselves and others
- Have a healthy mind, body and attitude; have respect for themselves, others and the environment that they both work and live in
- Understand the importance of personal fitness and how this can be achieved and maintained

## **Overview of KS3**

Students cover a broad and balanced curriculum enabling them to build the skills and confidence to make educated choices in KS4. Activities will include swimming, gymnastics, badminton, athletics, tennis, rounders, cricket, football, rugby, basketball, fitness, netball and hockey. We offer many of these activities in extra-curricular clubs that can lead to competitive fixtures against other schools, plus involvement in many County Cup competitions.

## **What will be studied in Year 7**

All students will experience a term of swimming and gymnastics, with boys participating in football, basketball and rugby in their games lessons. Girls will experience netball, badminton and hockey in their games lessons. During the Summer term, all students experience athletics and tennis with boys focusing on cricket and girls on rounders.

## **What will be studied in Year 8**

Year 8 follows similar activities to Year 7, building on the skills and knowledge developed. Greater responsibility is given to students to develop leadership and officiating skills through the games activities. In swimming, students will continue to develop stroke efficiency, focusing on speed and turning and experience both basic personal survival and life saving techniques.

## **What will be studied in Year 9**

The Year 9 PE curriculum follows a similar model to that of the Year 7 and 8. However, there is a more intense focus on developing students’ tactical and analytical skills within activities. There are clear links made between fitness and activity linked into the principles of training. This focus really allows our students to gain the insight into the needs of a ‘healthy body’, as well as preparing them for a possible entry onto the GCSE PE course in Year 10.

# PHYSICAL EDUCATION – GCSE

## **Examination Board:**

The examination leads towards a single award GCSE in Physical Education using the AQA specifications. The qualification is made up of two theory exams worth 60% of the final grade, and three practical elements worth 40% of final grade.

## **Course content:**

The course provides students with the theoretical knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. It also reflects upon sports psychology and socio-cultural influences on sport, as well as an in depth knowledge of applied anatomy and physiology.

The theory is assessed through two exams at the end of the two-year course, worth 60% of the final grade.

Students will be assessed in 3 different practical activities, worth 40% of their final grade (one team sport, one individual sport and a third sport from either.) Assessment will only be on a student's performance within a sport as well as their ability in the skills and drills that make up the practise elements of that sport.

A written coursework element enables students to demonstrate how to analyse and evaluate performance and suggest effective plans for improvement.

The course is a very useful tool, enabling students to enter into an A level course in Physical Education, BTEC Level 3 or directly into the leisure industry.

## **Assessment:**

The final grade is based upon a Written Examination (60%) Two 1 hour 15 minute papers  
The examination is made up of multiple choice, short answer questions and longer answer questions.

## **Final Exam:**

Paper 1:

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Paper 2:

- Sport psychology
- Socio-Cultural influences
- Health fitness and well being
- Use of data

## **PHYSICAL EDUCATION – BTEC LEVEL 2 SPORT**

The vocational qualification is ideally suited to learners with a preference for practical, rather than theoretical learning. This award is designed for 14-16 year olds who want to learn about sports coaching, officiating or organising sporting events in a practical setting that helps them to develop the knowledge, skills and experience that could open the door to a career in the sport industry.

### **Assessment:**

This includes one theory based exam, three written courseworks and practical performance.

*Further information from Miss S Ireland*