

KS4 COURSE OPTIONS – Year 10

Course Title	GCSE PE
Course Description	<p>The GCSE PE course aims to encourage students to actively understand what factors affect performance and what can be done to improve them. It will also encourage students to not only follow an active healthy lifestyle but also to understand what this means and what factors may affect it. It will also allow students to self-reflect upon performance and offer advice for improvement.</p>
Course Content (Term 1,2,3 etc.)	<p>The order of the units studied over the three years may be subject to change on a yearly basis.</p> <p>Term 1,2 and 3 - Theory</p> <ul style="list-style-type: none"> • Recapping - Components of fitness and fitness testing – definition, testing and monitoring and impact physical activity and sporting performance. • Optimising Training – training methods used to improve overall fitness and performance. The importance of a warm up and cool down. • Training Principles – application of SPOR and FITT to training methods to improve performance. <p>Term 4,5 and 6 - Theory</p> <ul style="list-style-type: none"> • Injury prevention • Diet and nutrition – definition, testing and monitoring and impact on a healthy balanced lifestyle as well as practical performance. • Ethics in Sport – Drugs, Violence and Sportsmanship/gamesmanship.
Extra-Curricular Opportunities	<p>The Extra-Curricular opportunities available for students are run at lunchtimes and fixtures for school teams happen after school. A weekly GCSE catch up session is also available. The Extra-Curricular time-table can be found on the school web-site.</p> <p>GCSE students also have the opportunity to help lead lunch time practises for Key Stage Three students.</p>
Useful Websites	<p>School PE page of the VLE – dedicated page to the GCSE course. This includes resources and specification used in the lesson.</p> <p>BBC sport web site – practical sport, coaching practices.</p> <p>Sport specific web pages e.g. RFU/F.A./England netball (unit 2/6)</p> <p>Brianmac – fitness information.</p>

Important Information	<p>Students will be expected to complete both practical and theoretical lessons for this course.</p> <p>The unit order over the three years may be subject to change.</p> <p>Students have to demonstrate practical prowess in at least three different sports (one individual sport, one team sport and one other from the prescribed list).</p>
Provision For Most Able	<ul style="list-style-type: none"> • Differentiated lessons challenge and push more able students to work towards the highest possible level. This may include taking on greater leadership, coaching or officiating roles or specific ability tasks related to overall achievement. • Assisting other students and acting as mentor/role model • Participation in the School Talented and Gifted programme.
Assessment	<p>Termly or end of unit assessments (exam written paper).</p> <p>PPE exam.</p> <p>Ongoing practical assessment (3 activities required by Feb Yr11).</p>