



Intent- In Year 10 and 11 students will complete three elements of the course. They are required to demonstrate their performance in three sports; one of which will be an individual and one in a team sport and their final sport will be either a team or individual sport. Students will acquire knowledge from 8 theory units as prescribed by the EDUQAS exam board and this will be assessed in the form of an exam at the end of Year 11. Students will make links between knowledge, understanding and application of this theory content, referring to the specification outline. A range of skills within these key areas will be developed throughout each unit with repeated practice in preparation for their exam studies. Students are required to complete a piece of written work, whereby they analyse and evaluate their own performance and highlight the strengths and weaknesses associated in these areas.

GCSE PE

Understand the contribution which physical activity and sport make to health, fitness and wellbeing, understand how the physiological and psychological state affects performance. Understand the key socio-cultural influences which can affect involvement in sport.

Year 10+11

Theory exam (60%)
Units 1-8 ongoing study across both years

Practical exam (30%)
ongoing study across both years

NEA (Non-examined assessment) (10%)
Practical & written element Term 3 of Year 10 and Term 1 of Year 11.

Knowledge

A range of key facts and ideas under the main unit headings of:

1. Health, Fitness and Well-being
2. Sports Psychology
3. Socio-Cultural influences
4. Data Analysis
5. Anatomy and Physiology
6. Movement Analysis
7. Physical Training
8. Skill Acquisition

Key areas of knowledge vary based on the practical focus - see success criteria in the specification for each specific sport.

A range of key facts and ideas which include:

- Identify strengths and weaknesses in their performance
- Training methods
- Components of fitness
- Theory content overlap

Understanding

Students will be able to show understanding by making contextual links between topics, using definitions and applying their knowledge to structured questions using sporting examples. They will also be able to make links between knowledge learnt to be able to review and interpret data-based questions.

Students will be able to show understanding by linking all of the success criteria together to maximise performance in their chosen sport.

Students will make links to understand strengths and weaknesses of a performance and show this understanding through creating an action plan in order to develop and enhance their weaknesses.

Skills

Successful application of knowledge and understanding of specific tasks through: Demonstrating, Analysing, Applying and Evaluating.

Formal Assessments
(those done by all/vast majority of the cohort)

End of unit Tests
Mock exams

A filmed or live demonstration of performance in their sport.

Written piece of coursework evaluating a sporting performance

By the end of Year 11 students on course for at least a grade 5 will be able to recall and apply their knowledge and understanding of each theoretical unit. They will average 15/20 score for each practical and their NEA.