



# Course Aims



To allow students to :

- build on experiences from Key Stage 3 to enhance their knowledge and increase their understanding of the factors that affect performance and participation in physical activity.
- enhance their practical performances in a range of activities.
- address contemporary topics in sport, such as use of performance enhancing drugs, the impact of technology, and the increasing commercialisation of sport.

And so much more!



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# Course Outline



## Paper 1

75 minutes  
78 marks  
30% of GCSE

The human body and movement in physical activity and sport

Applied anatomy and physiology

Movement analysis

Physical training

Use of data

## Paper 2

75 minutes  
78 marks  
30% of GCSE

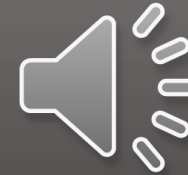
Socio-cultural influences and well-being in physical activity and sport

Sports psychology

Socio-cultural influences

Health, fitness and well-being

Use of data



## NEA

Internally assessed  
100 marks  
40% of GCSE

- 1) Practical performance in **three** different physical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or in an individual activity).
- 2) Analysis and evaluation of performance to bring about improvement in one activity.



# Practical activities



Students are assessed on their practical performance in THREE activities from the following:

<u>Individual activity list</u>
<u>Activity</u>
Amateur boxing
Athletics
Badminton
Canoeing/kayaking (slalom)
Canoeing/kayaking (sprint)
Cycling
Dance
Diving
Equestrian
Figure skating
Golf
Gymnastics
Rock climbing
Sailing
Sculling
Skiing
Snowboarding
Squash
Swimming
Table tennis
Tennis
Trampolining
Windsurfing

<u>Team activity list</u>
<u>Activity</u>
Acrobatic gymnastics
Association football
Badminton
Basketball
Camogie
Cricket
Dance
Figure skating
Futsal
Gaelic football
Handball
Hockey
Hurling
Ice hockey
Inline roller hockey
Lacrosse
Netball
Rowing
Rugby League
Rugby Union
Sailing
Sculling
Squash
Table tennis
Tennis
Volleyball
Water polo



# Links to other subjects

PSYCHOLOGY – theories of arousal, skill development and aggression.

BIOLOGY – the study of anatomy, physiology & biomechanics.

ENGLISH – each exam paper includes extended questions that require you to use continuous prose to succinctly articulate your ability to understand, apply and evaluate.



# Holcombe Habits



The 3 main habits developed through studying Physical Education are.....

- **Applying Past Knowledge** – much of the course builds upon learning from KS3 and the wider world of sport.
- **Thinking Interdependently** – your peers are a great source of knowledge and support. Lessons often involve group tasks and the sharing of ideas and opinions.
- **Persisting** – this course is not easy! However if you are willing to work hard and utilise the support offered to you then you will succeed.



# Skills needed to succeed in PE



- To demonstrate persistence and engagement.
- To have effective communication skills – including active listening, oral and written communication, teamwork and individual presentation skills.
- To work both interdependently & independently.
- Have an enquiring mind and an interest in sport.
- Want to evaluate and improve their own sporting performance.



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# Career Pathways



**Careers in Physical Education:**



**PE TEACHER**

**DATA ANALYST**

**PHYSIOTHERAPIST**

**DIET AND FITNESS INSTRUCTOR**

**PERSONAL TRAINER**

**LEISURE MANAGEMENT**

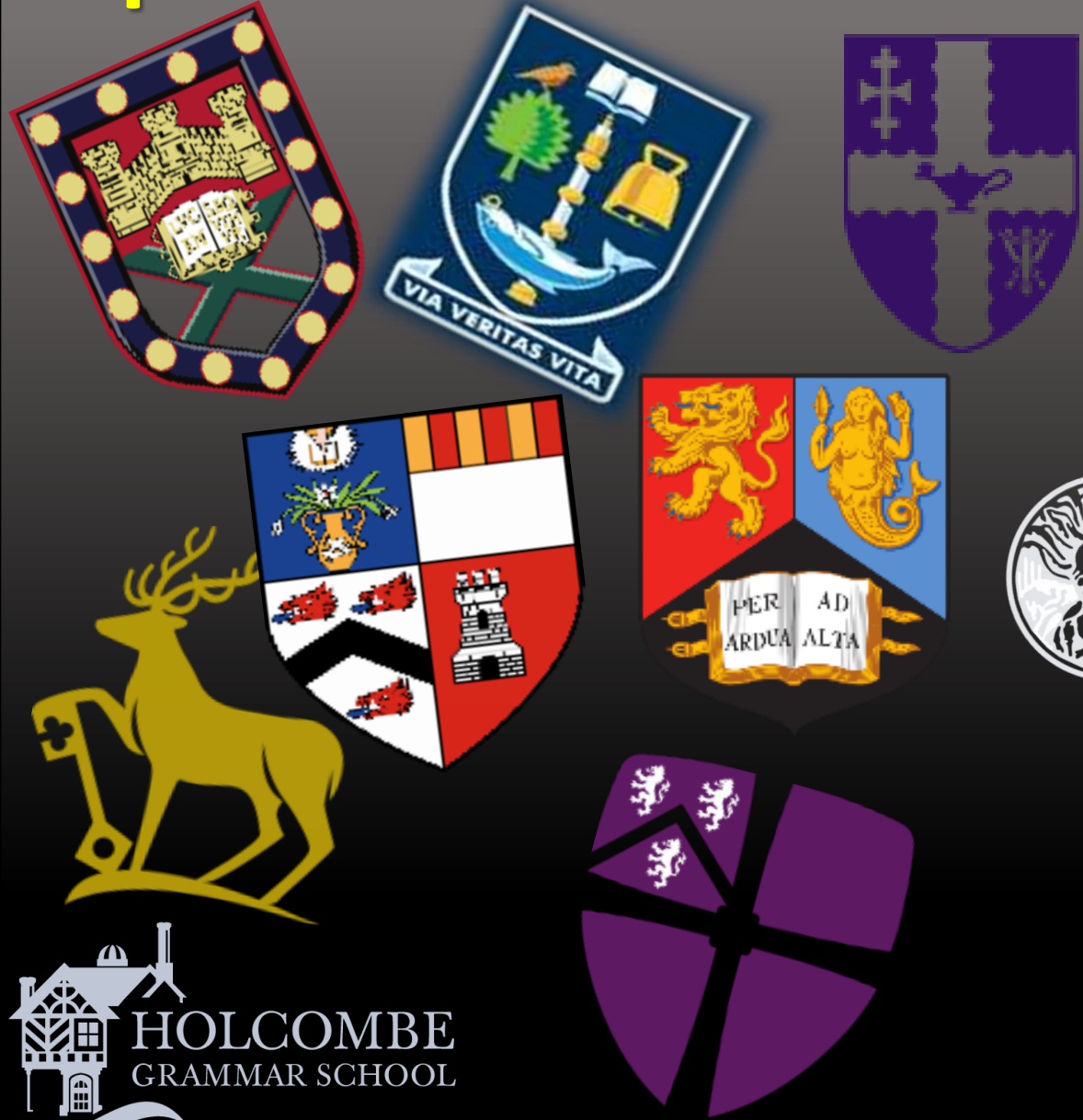


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# Top 10 Universities For PE



- University of Exeter
- University of Glasgow
- Loughborough University
- Coventry University
- University of Birmingham
- University of Bath
- University of Surrey
- University of Durham
- University of Aberdeen
- University of Edinburgh



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