

Physical Education Curriculum Guide

Year 12/13

What will my son / daughter learn?			
<ul style="list-style-type: none"> AS-Level. OCR Exam board 70% Theory & 30% practical. The course will be taught and delivered over two years Component (01) 35% of total AS Level Physiological factors affecting performance Component (02) 35% of total AS Level Psychological and Socio-cultural themes in physical education. Component (03) 30% of total AS Level Performance in physical education One activity. These can be a team or individual activity. GCSE PE Grades 5 & above needed to enrol on this course 	<ul style="list-style-type: none"> A-Level. OCR Exam board Component (01) 30% of total A- Level Physiological factors affecting performance Component (02) 20% of total A- Level Psychological factors affecting performance Component (03) 20% of total A- Level Social- cultural issues in physical activity and sport Component (04) 30% of total A- Level Performance in physical education 	<p>Certificate in Fitness Instructing – Level 2</p> <p>Course content Anatomy and Physiology for Exercise</p> <p>Know How to Support Clients Who Take Part in Exercise and Physical Activity Planning Gym-Based Exercise Instructing Gym Based Exercise. Health, Safety and Welfare in a Fitness Environment Principles of Exercise Fitness and Health</p> <p>Btec level 2 Sports Award or GCSE PE Grades 4 & above to enrol on this course</p>	<ul style="list-style-type: none"> BTEC Level 3 Diploma / Extended Diploma. Edexcel Exam board. This course has four external units; two exam based and two case studies. The rest of this course is built up with a combination of Core and Optional units. Units such as; Health and Safety in Sport, and Sport as a Business, are an example of the topics covered in this qualification. The course is delivered over two years and there are seventeen units to be completed in total. The grading for this course consists of a; Pass or Distinction grade. Btec level 2 Sports Award or GCSE PE Grades 4 & above to enrol on this course

How will my son / daughter be assessed?
<p>GCE; 6 periods a week A01, demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity. 1 hour 15 min written paper, 70 marks</p> <p>A02, apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. 1 hour 15 min written paper, 70 marks</p> <p>A03, Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Non-exam assessment 60 marks.</p> <p>A04, Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.</p>

BTEC; 6 periods a week

All units of work contain a number of different assignments that will be completed as coursework. All coursework will be internally verified by the teacher and externally standardised by the exam board.

Students can gain the following grade; PASS or DISTINCTION. This is based on the quality of the coursework and the result of the examination based unit. Students will be asked to produce work using the following command word; Describe, Explain or Analyse.

Practical performances, presentations & written assignments will form the main basis for assessment. As mentioned four external units are compulsory and must be completed with a selection of optional units.

Instructing Fitness Level 2

Multiple choice theory exam, Practical Gym based examination & completion of workbook.

How can I support my son / daughter with Games / PE?

- Parents should ensure their sons have the appropriate kit for their practical BTEC Lessons.
- If a pupil is unable to participate in a practical activity he should have a letter from home explaining the reason and he will be expected to wear kit and participate in one of the following roles; Umpire / referee, equipment monitor and time keeper. If the problem persists for more than one week he will need a letter from his doctor.
- Parents can help by ensuring that their son attends all lesson scheduled on the timetable.
- Parents can ensure their son logs on to OCR / CYQ. Use the College Canvas.
- Parents can record sporting performances which can be used as evidence (Contact teacher).
- Revision guides and workbook can be purchased from the College

