

Physical Education

Qualification Obtained: NONE

What will I study?

All students in Year 10 and 11 receive two periods of physical education per week.

During Year 10 students will follow the National Curriculum by refining and further developing a number of skills which they acquired in Key Stage 3. Students will have the opportunity to develop their skills across a wide range of activities and sports both on and off site. This will continue into the first half of Year 11.

During the second half of Year 11 students select from a variety of activities. There will be some emphasis on providing students with the knowledge and enthusiasm to continue lifelong participation in sport and physical activity when they leave the Academy.

How will I be assessed?

All students continue to be assessed against National Curriculum criteria based on the following –

- Practical Performance
- Knowledge of rules, regulations and scoring systems of activities completed
- Knowledge and use of tactics within chosen activities
- Use of leadership skills within activities

Why do I study this subject?

Shirebrook Academy Physical Education department aims to provide ALL students with the knowledge and enthusiasm to continue in their sporting pathway. Whether this be in a practical nature, simply by encouraging students and giving them the opportunity to participate in sport for life within the community facilities, or whether it be by continuing to enhance their sporting qualifications at College or University.



Physical Education

Qualification Obtained: GCSE

Specification: AQA

What will I study?

The course is assessed based on both academic and practical performance, and whilst there will be occasions where the course is delivered practically, the majority of lessons will be theory based (in a classroom).

The theory aspect of the course is based around topics such as –

- Health and Fitness and Training
- Applied Anatomy and Physiology
- Movement analysis
- Diet
- Education and school
- Cultural and social factors
- Media, sponsorship, and technology in sport

The practical element will be assessed on their ability to perform in 3 different activities as well as their ability to evaluate their performances. This will include games activities, athletic activities, fitness activities and gymnastic activities. It is strongly advised that you are playing or taking part in at least one sport outside of school and performing regularly at a high level.

How will I be assessed?

Written paper - 60% of the final marks.

Two 1 hour 15 min exams based around 'The human and movement in physical activity and sport' and 'Social-cultural influences and well-being in physical activity and sport'.

Controlled assessment - 40% of the final marks.

Students will be assessed on their practical performance in three different sports. Students will also complete an analysis and evaluation of performance to bring about improvement in one activity.

Why should I study this subject?

Skills –

The course will enable students to develop their practical ability in their chosen sports whilst analysing and evaluating their performances.

Knowledge/ Understanding –

The content of this GCSE Physical Education specification is designed to enable students to enjoy and understand the benefits of living a healthy and active lifestyle.

Progression/ Careers –

This course provides a route to further study in Further Education awards, such as A levels and/or BTEC level 3 courses and to Higher Education in PE as well as to related career opportunities. www.careers-in-sport.co.uk is a great place to start for career ideas.



BTEC - Dance Level 1 & 2 (Performing Arts)

Qualification Obtained: BTEC

Specification: EDEXCEL

What will I study?

Students will have the opportunity to develop a variety of dance styles and their ability to create a professional theatre production.

Units will include -

Individual Showcase (externally assessed). This unit will allow students to experience the process of auditioning for a professional dance or theatre group in a variety of roles. This will include a letter of application and a practical audition piece.

Preparation, Performance and Production (internally assessed). This unit enables students to experience how to produce a professional dance production including developing their creative side in a variety of roles e.g. make up design & costumes.

Dance Skills (internally assessed). Students will refine and develop their physical dance skills within workshop style lessons to prepare for a final showcase.

Students will have the exciting opportunity to attend various professional dance and theatre productions.

How will I be assessed?

The course is assessed via a combination of assessed coursework and practical work, with an external written piece of work.

75% Coursework which includes students creating a portfolio, keeping a movement diary, performance and production at dance showcase.

25% Externally assessed pre-released scenario which is based around a letter of application and audition piece.

Why should I study this subject?

Skills –

Students will be equipped with dance, choreographic, design and production skills in addition to developing confidence and leadership skills.

Knowledge/ Understanding –

Level 2 Performing Arts is designed to enable students to develop their understanding of professional dance, drama and theatre companies.

Progression/ Careers –

Students opting for this course will have a route to further studies in A Level Dance and BTECs in performing arts; as well as related career opportunities.

See www.aboutdanceschools.com for a list of careers linked to Dance, examples of employers and routes to further qualifications.



BTEC - Health & Social Care Level 1 & 2

Qualification Obtained: BTEC

Specification: EDEXCEL

What will I study?

Our Health and Social Care tech award course is a study programme which provides an introduction to the Health and Social Care sector. You will study three core units giving you the knowledge and understanding to work in this area. The course also aims to provide you with skills used by health care professionals on a daily basis. You will also learn about health care services and the importance of care values. These skills will be applied to realistic and local area scenarios.

If you are interested in working with people, or want to care for and help others, BTEC Health and Social Care could be for you.

Throughout the course you will learn through investigation, develop knowledge and understanding about health, social care and early years.

Students will complete practical work, learn about and understand the world we live in.

Why should I study this subject?

Skills-

The course aims to provide you with skills used by health care professionals on a daily basis which can be transferred and applied to everyday realistic situations.

Knowledge/ Understanding –

The course will enable you to learn and develop your knowledge and understanding of the health & social care and early years system.

Progression/ Careers –

This course opens up the opportunity to continue your studies in directly related courses such as Health and Social Care and Childcare as well as opportunities such as A level. Students can also progress into apprenticeships. To research the full range of opportunities in this growing sector, see www.skillsforcare.org.uk and www.healthcareers.nhs.uk.

How will I be assessed?

The course is assessed via a combination of assessed coursework and practical work, with an external online exam.

60% Coursework which includes students producing assignments on human lifespan development and services and care values.

40% 2-hour external exam to assess their knowledge of health and well-being.



BTEC - Sport Level 1 & 2

Qualification Obtained: BTEC

Specification: EDEXCEL

What will I study?

Students can choose to further develop their sporting skills and knowledge of exercise and fitness.

The course will be delivered through both practical and theory based lessons.

Units will include -

- **Fitness for Sport and Exercise** (externally assessed). Students will study how the body responds to exercise and how to improve performance and fitness.
- **Practical Sports** (internally assessed). Students will perform and participate in an individual and a team sport. They will experience the opportunity to be a coach by analysing another person's performances.
- **Leading Activities** (internally assessed). This unit enables students to develop their leadership and organisational skills, which will be showcased in a sports event delivered by students to a local primary school.
- **Training for Personal Fitness** (internally assessed). This unit gives students an opportunity to design a personal exercise plan to improve their sporting performance and level of fitness.

How will I be assessed?

The course is assessed via a combination of assessed coursework and practical work, with an external online exam.

75% Coursework which includes students producing a personal exercise plan, delivering sports events, evaluating their leadership skills and producing a practical sports diary.

25% External online exam comprising of multiple choice and short answer questions to assess their knowledge of fitness and exercise.

Why should I study this subject?

Skills-

Students will learn new sports skills whilst developing their leadership skills and improving their practical ability.

Knowledge/ Understanding -

BTEC Sport is designed to enable students to develop a greater understanding of fitness and exercise.

Progression/ Careers –

The course provides a route to further study in Further Education, such as Level 3 BTEC Sports and Sport Science, and to Higher Education in PE. Career opportunities include coaching, health and fitness promotion, sports performance, managing sports facilities, and sports journalism.

www.careers-in-sport.co.uk is a great place to start for career ideas.

**IF YOU CHOOSE THIS OPTION
YOU CANNOT CHOOSE GCSE PE**

