



WHICKHAM
SCHOOL & SPORTS COLLEGE



PE Options Booklet

May 2021

BTEC Performing Arts (Dance)

Type: BTEC Tech Award

Awarding Body: Pearson

Contact: Mr Davison

Assessment Objectives:

- Development of key skills that prove your aptitude in Performing Arts such as reproducing repertoire or responding to stimuli
- Understand the process that underpins effective ways of working in the Performing Arts, such as development of ideas, rehearsal and performance
- Develop the attitudes that are considered most important in the Performing Arts, including personal management and communication.
- Develop knowledge that underpins effective use of skills, process and attitudes in the Performing Arts

Introduction

This course is designed for pupils who enjoy dance and want to learn more about it. You will be awarded a Level 2 Tech Award in Performing Arts upon the successful completion of this course.

How is this course assessed?

This course is assessed over three units of work, two of which will be internally assessed through a combination of practical performances and coursework one of which will be externally assessed.

Who should study this course?

This course is designed for pupils who enjoy dance and want to learn more about it.

Course Timeline

Year 9

During year 9 you will learn about and develop your performances in a wide range of dance styles, understanding the origins of these styles and why they are important in dance culture. You will also look at how to create and build dances for different genres.

Year 10

In year 10 you will really focus on developing your Dance skills and performances in a number of chosen Dance styles. You will take time to develop skills and apply these skills effectively into a routine. You will also have the chance to evaluate your dance performances and set targets to improve them.

Year 11

In year 11 you will complete your external assessment. During this assessment you will be required to create and perform an independently choreographed routine and analyse your performance in this routine through written coursework.



GCSE Physical Education

Type: GCSE 9-1

Awarding Body: AQA

Contact: Miss Beedle

Assessment Objectives:

- Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport.
- Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.
- Demonstrate and apply relevant skills and techniques in physical activity and sport. Analyse and evaluate performance.

Introduction

GCSE PE combines the improvement of practical performance and the understanding of the theory behind performance. Pupils will study the following key topics:

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being

How is this course assessed?

A non-exam assessment worth 40%. Pupils choose three sports from an approved list of sports from the specification and will be assessed in skills, analysis and evaluation of their performance.

Two external examinations (30% each):

The human body and movement in physical activity and sport; Socio-cultural influences and well-being in physical activity and sport. Pupils have fortnightly lessons and homework for this component.

Who should study this course?

Pupils who have a keen interest in sports and physical activity and who are physically competent in a range of sports.

As a result of the high level of practical ability required to do well in the 40% NEA assessment, pupils need to be regularly competing for school teams and participating in club sport to a high standard.

Course Timeline

Year 9

Four practical lessons. Focus on the practical component of the NEA.

Year 10

Two theory lessons and two practical lessons. Completion of written non-exam assessment.

Year 11

Completion of theory syllabus. Focused revision in preparation for the external examinations.



BTEC Sport

Type: BTEC First Award

Awarding Body: Pearson

Contact: Mr Davison

Assessment Objectives:

- encourage personal development through practical participation and performance in a range of sports and exercise activities
- give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units
- encourage learners to develop their people, communication, planning and team-working skills by having the opportunity to select from optional units available in the qualification structure
- give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

Introduction

This course provides an engaging and relevant introduction to the world of sport. It incorporates important aspects of the industry, such as fitness testing and training for sport and exercise, the psychology of sport, practical sports performance and sports leadership. It enables you to develop and apply your knowledge, while also developing a range of relevant practical, communication and technical skills.

How is this course assessed?

You will carry out tasks/assignments throughout the course. Your teacher will mark these, and so you will receive feedback as to how you are getting on.

The assessment for Unit 1: Fitness for Sport and Exercise is an onscreen test which is marked by Pearson.

Who should study this course?

The emphasis in this course is on gaining as much work related experience as possible to help pupils to be prepared for a potential future career in sports coaching, sports development, sports science or the sports industry.



Course Timeline

Year 9

You will focus on Unit 2: Practical Sport Performance. You will look in depth at two selected sports making sure you understand the rules, regulations and scoring systems of each sport. You will also get the chance to perform each of these sports. Finally you will analyse your own performance in these two sports, looking at both strengths and weaknesses and planning interventions based around your weaknesses.

Year 10

You will study the external assessment unit of this course, Unit 1: Fitness for Sport:

- Components of physical and skill-related fitness
- Principles of training.
- Fitness training methods
- Administering fitness tests.

You will sit your external exam for this unit midway through Year 10. You will also study the Sports Leadership unit, enabling you to start on the ladder of leadership and coaching, through delivering components of sports sessions and whole activity sessions.

Year 11

The final unit is: Applying the Principles of Personal Training. This unit is all about you, the individual performer, and your ability to improve and enhance personal fitness for one activity/sport you participated in for Unit 2.

Core Physical Education

Type: non-examined

Awarding Body: n/a

Contact: Mr McMahon

Objectives:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games [for example, badminton, basketball, football, hockey and netball]
- Develop technique and improve performance in other competitive sports [for example, athletics and gymnastics], or other physical activities [for example, dance]
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- Evaluate performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best

Introduction

Core PE is a pathway which offers a fully practical programme of activities to develop health and fitness, whilst also developing knowledge of rules, strategies, tactics, and techniques in a range of sports.

How is this course assessed?

There is no assessment in this course although your Responsibility, Resilience and Independence grades will be recorded in each unit of work you complete.

Who should study this course?

Core PE is ideal for those pupils who do not wish to study towards a qualification in PE but still want to take part in practical sports in Key Stage 4.

Course Timeline

Years 9,10 and 11

Core PE is a compulsory subject and you will have four lessons over a two week cycle. Throughout your three years in Key Stage 4, you will have the opportunity to take part in a wide range of game and individual activities.

During Core PE lessons you will develop a wide range of skills in the activities you do and you will develop your knowledge about sport and health and fitness.



Sports Leadership

Type: Level 1 Qualification

Awarding Body: SLUK

Contact: Mr McMahon

Assessment Objectives:

- Plan, lead and review a sport/activity
- Developing leadership skills
- Lead activities which promote a healthy lifestyle
- Fair play in sport
- The role of the official
- Opportunities in sport and recreation



Introduction

Opting to follow a pathway in Sports Leadership develops a broad range of life skills, such as organisation, communication, confidence and time management. You will also have opportunities to take on a wide range of roles such as coach, official and choreographer, whilst working towards a nationally recognised qualification.

How is this course assessed?

Pupils will be internally assessed on the learning outcomes for each unit using a range of evidence (including observations). The final assessment involves pupils completing a one-hour leadership activity.

Who should study this course?

You should consider this qualification if you are at the first stage of exploring whether a career in sport and/or physical activity leadership is the correct career for you or if you want to start a career in leadership in sport and/or physical activity rather than specialising in a sport-specific coaching qualification

Pupils who stay on at Whickham in the Sixth Form can progress onto the Level 2 and Level 3 qualifications. Pupils are able to take the Level 2 qualification in Year 12 without having completing the Level 1 course if they decide to take a different PE option in Years 9 to 11.

Course Timeline

Years 9 and 10

Pupils will undertake a variety of activities which support each of the six key assessment objectives.

Pupils will be given the opportunity to develop and showcase their leadership skills in a variety of different activities.

The course will be completed at the end of Year 10.

During Year 11 pupils will complete a course in Core PE (see separate page)



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