

Physical Education

Key Stage 4 Guide

Find out what Physical Education looks like at Key Stage 4...

What qualification could I study?

What PE lessons must I take part in?



What Qualification could I study at GCSE level?

SPORTS STUDIES

Subject Lead: Mr S Horton

Qualification Lead: Mrs L Bailie

Course Summary - **Sports Studies**

This course is for students who are interested in studying the topics behind sport and physical activity in more depth.

You should be interested in a range of sports including individual sports, team sports and outdoor adventure activities.

You should be prepared to show your knowledge through written reports, dairies, coaching plans, risk assessments and evaluation as well as a terminal exam at the end of the course.

You should be committed to producing high quality and detailed written work to support your practical skills.

You should enjoy underpinning your physical development with the theory involved and have an interest in the contemporary issues in sport such as the barriers that prevent people taking part.



Course Name	OCR Sports Studies
Type of Qualification	OCR Cambridge National Equivalent to 1 GCSE grade - Graded Level 1/2 Pass/Merit/Distinction
Units covered:	<p>R184: Contemporary issues in sport</p> <p>This is assessed by an exam sat at the end of the course. Topics include:</p> <ul style="list-style-type: none"> o Issues which affect participation in sport o The role of sport in promoting values o The implications of hosting a major sporting event for a city or country o The role National Governing Bodies (NGBs) play in the development of their sport o The use of technology in sport. <p>R185: Performance and leadership in sports activities</p> <p>This is assessed by set written assignments and practical application of skills:</p> <ul style="list-style-type: none"> o Key components of performance o Applying practice methods to support improvement in a sporting activity o Organising and planning a sports activity session o Leading a sports activity session o Reviewing your own performance in planning and leading a sports activity session. <p>R187: Increasing awareness of Outdoor and Adventurous Activities</p> <p>This is assessed by set written assignments and practical application of skills:</p> <ul style="list-style-type: none"> o Provision for different types of outdoor and adventurous activities in the UK o Equipment, clothing and safety aspects of participating in outdoor and adventurous activities o Plan for and be able to participate in an outdoor and adventurous activity o Evaluate participation in an outdoor and adventurous activity.
Who would benefit from studying this course:	If you have a keen interest in sport, enjoy developing your theoretical understanding and producing work to show this as well as developing your physical skills and skills in different roles. This might include as a coach, a referee, an event organiser or even as a sports development lead getting more people involved in sport and physical activity.



What PE lessons must I take part in?

CORE Physical Education

Every student will be entitled to 3 hours of Core PE over their two week timetable.

Curriculum Aims

- To provide students with a wide range of opportunities to be healthy, active learners.
- To develop students to have the knowledge and confidence to make positive choices for lifelong participation in physical activity, and a 'Healthy, Active Lifestyle'
- To challenge students to be the best version of themselves in everything they do

Enrich

- To provide an opportunity for those students who wish to develop skills and knowledge in a sport specific activity and a professional environment at lunchtime and after school

Key Content

- **Physical** - Cover a wide range of physical activities and sport specific skills
- **Social** - Provide opportunities to work with a range of people and develop key skills for working in a team
- **Mental** - Challenge students to develop their resilience and endurance through hard-work, repetition and focus. To develop a range of mental skills that will support students in wider aspects of school and life

Key Themes:

Year 10: Apply skills and knowledge to a range of physical activities and sports. Develop the ability to take ownership of physical health and contributing to a team.

Year 11: Explore the Physical and Mental Benefits of Exercise to support you in school and wider life.