

Physical Education

Key Stage 3

At Key Stage 3 our aims are to enable every student the opportunity to experience a range of sporting activities. Pupils are also able to access competitive and non-competitive extracurricular opportunities in all year groups. As a school we endeavor to compete in all local, regional and national competitions, enjoying a great deal of success!

Students work as individuals developing their skills and techniques and in groups which enhance their teamwork and tactical appreciation.

Activities

Boys – rugby, fitness, gymnastics basketball, badminton, tennis, cricket and athletics.

Girls – netball, gymnastics, fitness, football, basketball, badminton, tennis rounders and athletics.

At the end of the key stage students will have:

- gained a thorough understanding of the importance of regular physical activity and the contribution it can make to a healthy life style
- mastered certain skills, and enhanced their knowledge and understanding of games activities and begin to apply this knowledge in new activities
- learned to co-operate with others in all activities
- learned to accept winning and losing with equal grace
- enjoyed all aspects of Physical Education.



Key Stage 4

General Information

The WJEC GCSE Physical Education specification is broad, coherent and practical, designed to encourage learners to be inspired, motivated and challenged by the subject and enable them to make informed decisions about further learning opportunities and career pathways.

Through studying GCSE Physical Education learners will acquire the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. Learners will develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance.

Course Suitability

Pupils who pursue GCSE Physical Education **must** have an immaculate participation record at Key Stage 3 and have displayed a positive attitude towards the subject. Pupils **must** be actively participating in competitive sport for school teams and be members of team/ individual clubs outside of school, participating in at least one main sporting activity on a regular basis. Our GCSE PE pupils are positive sporting role models and we provide many opportunities to represent the department assisting with the local authority and departmental sporting events and excursions throughout the course.

Summary of Assessment

Unit 1: Introduction to Physical Education

Written examination: 2 hours.

50% of qualification.

Learners will be assessed through a range of short and extended questions. The questions will be based on audio-visual stimuli and other sources.



Summary of the Theory content

The subject content focuses on five key areas:

1. Health, training and exercise
2. Exercise physiology
3. Movement analysis
4. Psychology of sport and physical activity
5. Socio-cultural issues in physical activity and sport.



Cardiff Met GCSE Physical Education visit

The above are interesting topics aimed at stimulating and increasing knowledge and understanding of aspects of the theory and concepts of physical education. All of the subject content can be assessed in Unit 1 as part of the **written examination** and in Unit 2 as part of the **personal fitness programme**.



Sport Caerphilly Football referees

Unit 2 - The active participant in Physical Education

Learners at GCSE Physical Education will be assessed in **three** different activities in the role of performer, in at least **one** individual sport, **one** team sport and **one** other. One activity will be a major activity which will have a personal fitness programme linked to the activity and awarded a higher weighting of marks.

The list of practical activities is very wide so you may have the opportunity of being assessed in an activity that is not usually offered as part of the Physical Education course but is followed outside of school, for example, in a club such as Golf, Equestrian or Dance.

Learners must design a personal fitness programme which will help to improve fitness and performance in **one** of the practical activities in which they were assessed i.e. the **major** activity.

This coursework counts for 8% of your final GCSE PE practical grade



Unit 2 will be marked out of 100 and is worth 50% of the qualification.

Anyone following and completing this course will certainly feel a great deal of personal achievement and development. The course is an excellent foundation for anyone interested in developing an in-depth knowledge of sport and offers the opportunity to improve personal performance levels.

SPORTS CAREER PATHWAYS

Here are some of the many career pathways you can follow if you enjoy sport and want to pursue it

DEVELOPMENT OFFICER/COACH/ SPORTS STATISTICIAN/ TEAM ANALYST/ MANAGEMENT/ ADMINISTRATION/ SPORTS JOURNALIST/SPORTS PHYSIOLOGIST/ SPORTS PSYCHOLOGIST/ SPORTS MEDICINE/ SPORTS PROFESSIONAL/ SPORTS LECTURER OR TEACHER/ LEISURE CENTRE MANAGEMENT

further:

Some of the key hiring qualifications requested by employers in today's market include **leadership**, **perseverance**, **dedication** and **strategic thinking**, all of which you learn in physical education and even more so in the sports-related courses on offer at Key Stage 4 in the PE Department at Islwyn High School.

Past pupils of GCSE PE at Islwyn High School



**Thomas Hillman –
Newport County AFC**



**Lucia Carpanini– Wales
U19 / Bristol City Ladies**



**Callum Lewis – Team
Wales Karate**