

Year 8: Gymnastics, Trampoline, Netball, Hockey, Badminton, Rugby, Cheerleading, Fitness, Rounders, Athletics, Tennis, Cricket

What is studied at KS4

GCSE Physical Education: Edexcel.

Practical Examination:

Three assessed sports: 30% of GCSE

Personal Exercise Programme (PEP) /Fitness: 10% of GCSE

The Theory Component

The theory component is worth 60% of the final grade which will be examined in through two exams.

Component 1: Fitness and body systems 36% of GCSE

Component 2: Health, fitness and wellbeing 24% of GCSE

GCSE Dance: AQA

Practical Examination:

· Performance (30% of GCSE)

· Choreography (30% of GCSE)

The Theory Component

· Dance appreciation (40% of GCSE) Written exam: 1 hour 30 minutes

What is studied at KS5

OCR A-level Physical Education: OCR

Practical Examination:

30% - Practical Examination and analysis.

Performance in one chosen sport either as a performer or coach.

Oral analysis of one sports performance.

The Theory Component

70 % - Written examination (1 x 2hr exam and 2x1 hour examinations)

Physiological Factors Affecting Performance: Anatomy and Physiology, Exercise Physiology, Biomechanics.

Psychological Factors Affecting Performance: Skill Acquisition, Sports Psychology.

Socio-cultural and Contemporary Issues: Sport, society and technological influences.