

## PE

Our Department strives for:

- All pupils to participate and enjoy physical activity.
- All pupils to leave The Holt with the knowledge and motivation to lead a healthy and active lifestyle.
- All pupils to have the opportunity to participate competitively.
- All pupils to excel and reach their potential in performance, leadership or academia.



### What is studied at KS3

Year 7: Gymnastics, Dance, Netball, Hockey, Football, Basketball, Orienteering, Fitness, Rounders, Athletics, Tennis

Year 8: Gymnastics, Dance, Netball, Hockey, Basketball, Rugby, Orienteering, Fitness, Rounders, Athletics, Tennis

Year 8: Gymnastics, Trampolining, 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.