

Physical Education
Year 10-11 GCSE PE

Programme of Study:

Develop your knowledge and practical skills in a range of physical activities

- examine the effects of exercise and how training can improve performance
- find ways to improve your own performances in a variety of roles
- identify ways to develop and maintain a healthy and active lifestyle through participation in physical activity

Homework:

Pupils are expected to bring their full PE or swimming kit for each lesson. Failure to remember kit will lead to sanctions. For theory lessons homework is set once a week.

Assessment:

Unit 1 40% - Examination Unit 1 is externally assessed through a written examination paper of 1 hour and 30 minutes. This will contribute a maximum of 40% towards your total marks.

Unit 2 60% - Controlled Assessment. Unit 2 is assessed in two sections.

Section 1 - four practical performances in the role of either player/participant, leader or official.

You can achieve 48% of the marks from your four performances, two of which may be in the role of a leader or official.

Section 2 - analysis of performance in one of the chosen activities. This will be worth 12% of the marks and should include planning, performing and evaluating a Personal Exercise Programme

How parents can support learning:

Encourage pupils to join at least one sport option in the CAS program or ensure they take part in at least 60 minutes of vigorous exercise per day. At home parents can also ensure their child receives healthy meals and plenty of sleep to meet the physical and mental demands of a busy school life. Fizzy drinks and sweets should be given as treats and not consumed on a regular basis. Parents may watch after school fixtures or provide access to a range of sporting/recreational activity outside of the school hours.

For further information on specific sports, you could look at the websites for the National Governing Bodies and organisations related to each sport (below). If you want to find more about GCSE PE you can visit the Edexcel website (www.edexcel.com/gcse2009).

You should also talk to the Head of Academic PE who will be able to describe the course in further detail.
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Learning resources:

Athletics www.englandathletics.org

Badminton www.badmintonengland.co.uk

Netball www.england-netball.co.uk

Basketball www.englandbasketball.co.uk

Handball www.englandhandball.com/

Cricket www.ecb.co.uk

Rugby union www.rfu.com

Football www.thefa.com

Swimming www.britishswimming.org

Table tennis www.englishtabletennis.org.uk

Rounders www.roundersengland.co.uk/

Tennis www.lta.org.uk

Volleyball www.volleyballengland.org

Theory: www.mypeexam.com/; Planet PE IPHONE APP

