

## Physical Education (EDEXCEL)

### Key Stage 4 Year 10 2018 - 2019

An excellent course for Pupils who have decided that they would like an enhanced understanding of anatomy and physiology/ sports psychology/ physical training and have additional time completing practical assessments. GCSE PE is the ultimate test for pupils who can handle the classroom and the sportshall.

<b>Half Term</b>	<b>Theory Course Content</b>	<b>Assessment information</b>
<b>1</b>	Applied anatomy & physiology including skeleton, muscles, bones	ONGOING TEACHER ASSESSMENT + END OF BLOCK TESTS
<b>2</b>	Applied anatomy & physiology including respiration, the heart,	ONGOING TEACHER ASSESSMENT+ END OF BLOCK TESTS
<b>3</b>	Movement Analysis including levers and movement analysis	ONGOING TEACHER ASSESSMENT+ END OF BLOCK TESTS
<b>4</b>	Physical training including skill related fitness e.g speed	ONGOING TEACHER ASSESSMENT+ END OF BLOCK TESTS
<b>5</b>	Physical training including sports injuries	ONGOING TEACHER ASSESSMENT+ END OF BLOCK TESTS
<b>6</b>	Health & Performance – health fitness and well-being e.g. diet, lifestyle choices	ONGOING TEACHER ASSESSMENT+ END OF BLOCK TESTS
<b>Activity</b>	<b>Practical Assessments</b>	<b>How Assessed?</b>
1	Table tennis	ONGOING TEACHER ASSESSMENT GRADED OUT OF 35
2	Basketball	ONGOING TEACHER ASSESSMENT GRADED OUT OF 35
3	Volleyball	ONGOING TEACHER ASSESSMENT GRADED OUT OF 35
4	Football	ONGOING TEACHER ASSESSMENT GRADED OUT OF 35
5	Badminton	ONGOING TEACHER ASSESSMENT GRADED OUT OF 35
<b>Further reading and independent/extension activities</b>		
➤	Download Podcasts	
➤	Use revision guides straight away	

<b>Websites and resource links</b>	
➤	SENECA / BBC bitesize
➤	PE google GCSE site + Podcasts
<b>How can parents/carers support at home</b>	
<ul style="list-style-type: none"> <li>● PE kit + trainers /relevant footwear for every practical lesson</li> <li>● All theory resources for two theory lessons per week.</li> <li>● Ensure your son has his PE kit and that he is reading the relevant sections in preparation with his GCSE exercise/text book for every lesson</li> </ul>	
<b>Members of staff</b>	Mr P Paliotta (Curriculum Leader) Mr G Tanner Mr S Norman Mr C Sydenham