

Sport – Y9 Transition

We don't stop playing because we grow old, we grow old because we stop playing
- George Bernard Shaw

What skills will I gain from studying PE?

You'll gain many valuable skills from studying physical education that will help you in other GCSE, Vocational and A-level subjects as well as your future career. Some of the skills that you will develop include:

Communications skills

Many aspects of PE involve working in teams towards a common goal. Through playing team sports and problem solving with others, you'll develop clear communication skills that will help you. Every employer looks for candidates who are able to communicate well verbally and in writing.

Social skills

Physical education is a very social subject and can involve a lot of group work. You will learn how to communicate and socialise with people in an effective way. When you start working, you'll encounter people from a range of different backgrounds, each with different personalities. Studying PE will help you learn how to best communicate with people in a team in order to produce the best results.

Physical fitness

As a PE student, you'll also benefit from being physically fit! Not only will this help you in the physical side of the subject itself, but it will also improve your general well-being. Doing regular exercise is proven to relieve stress and promote good mental health.

<p>Preparation</p>	<p>Keep Involved - Be involved in sports / fitness sessions. Start the course with a good level of basic fitness. Take part in physical activity at least twice a week.</p> <p>Contemporary issues – Keep up to date with current issues in sport. Watch sport (either live or on TV). Read articles / news reports and social media posts.</p> <p>Keep on top of subject specific terms you come across (respiration, cardiac cycle, golden triangle)</p>	
<p>Overview of course</p>	<p>Exam Board: WJEC / Eduqas</p> <p>External exams: One written exam 80 marks. NEA includes assignments on improving sports performance and Leading sports activities.</p> <p>Themes. Fitness testing, Components of Fitness, Principles of training, the Cardiovascular system, Cardio respiratory system, Short and long term effects of exercise on the body.</p>	
<p>Short term focus: Term 1</p>	<p>In the September of Y10 we start with exam content and also begin the Improving practical sport Unit. In this unit we look at baseline fitness testing and how to improve our own sports performance. Practical lessons will be based around fitness testing and different methods of training.</p>	
<p>Careers & Suitability</p>	<p>This course would suit you if:</p> <p>You have an interest in sport.</p> <p>You represent the school or external teams in one or more sports.</p> <p>You enjoy watching sport.</p> <p>You like to be challenged.</p>	<p>Careers:</p> <p>Physical education lends itself to a range of careers in sports and fitness as well as other industries that you may not have considered before. For example, did you know that many nutritionists, physical therapists and chiropractors have a degree in PE? Some careers that you could consider doing with PE include:</p> <p>Sports science PE teacher Physiotherapist Professional sportsperson Sports coach/consultant Sports policy at local and national level Diet and fitness instructor Personal trainer</p>

