



## Option Subject

# Physical Education

## Overview

The key concepts of the course include competence in sport, performance analysis, creativity and healthy, active lifestyles, sport psychology, anatomy and physiology. Students will be expected to develop skills in a range of different sports while also evaluating their own performance and identifying ways in which to improve their own lifestyle.

## Assessment

A range of different qualifications will be either practically assessed, observation analysis, coaching, self-evaluation, course work and written exams depending on the qualification.

### Yr 9 Foundation:

Sports leaders Level 1

GCSE PE (Short Course)

### Yr 10-11 Progression:

Sports Leaders Level 2

NCFE Level 1/2 Certificate

### Additional Qualifications:

First Aid at Work

First Aid for Mental Health

Shallow Pool Rescue Award

Specific coaching courses

### Post 16 Progression

Successful completion can lead to further education courses, sports coaching or employment into the sports industry