



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)
- Preparation for IGCSE

Yr 10-11 Progression:

- Sports Leaders Level 2
- Btec in Sport
- IGCSE PE

Additional Qualifications:

- First Aid at Work
- 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