



# Year 9 Options Curriculum

2025—2027

## GCSE PE Edexcel Full course

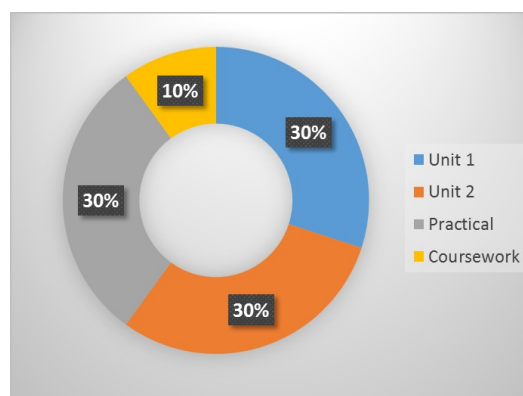
### Course Overview

Physical Education will equip learners with the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being.

**Fitness and Body Systems:** Understand the factors underpinning physical activity and sports performance. Students develop theoretical knowledge and understanding of anatomy and physiology, movement and physical training.

**Health and Performance:** Understand the factors underpinning participation and performance in physical activity and sport.

Gaining knowledge and understanding of how health, fitness and wellbeing can impact their own performance.



### Assessment

- **Unit 1 and 2:**

**Written exams = 30% for each unit.**

- **Practical performance of 3 sports (at least 1 team and individual sport) = 30%**
  - **Analysis of performance coursework = 10%**

## **Entry Level PE (OCR)**

### **Drop down course:**

OCR Short Course PE (4 Practical assessments & Analysis of Performance)

### **Progression:**

Cambridge Technical– Sport and Physical Activity Level 2 & 3.

## **Course Overview**

This course will be studied during Year 10 in conjunction with the full GCSE course. Students learn and develop a range of technical and tactical skills, alongside basic rules, enabling effective participation in a range of team and individual sports.

In addition, students will analyse the sporting performance of self and others, identifying strengths, areas for improvement and how to improve performance.

## **Assessment**

- ♦ Practical Performance of 4 sports (at least 1 team and 1 individual)