

Overview

The AIM of the course:

- To provide opportunities for you to become more effective participants in physical activity
- To enable you to observe, analyse, evaluate your own and the performance of others
- To develop knowledge and understanding of the factors, principles and methods of safe and effective practice
- To promote a healthy lifestyle and enable you to plan for such
- To develop your ability to plan and organise fitness sessions that are sport specific
- To develop social skills and good personal qualities through a variety of situations and challenges
- To make you aware of career opportunities relating to physical education, sport and leisure industry
- To help you to achieve a recognised certificate of achievement i.e. a pass at GCSE level

Activity timetable:

Year 11

Sept/Oct: Hockey
Oct/Nov: Basketball
Jan/Feb: Football
Mar/Apr/May: Athletics/Cross-Country

Year 12

Sept: Orienteering (compact course)
Oct/Nov: Circuits
Dec – April: Recap on assessed sports

Unit	Content	Assessment
Practical Activities	<ul style="list-style-type: none"> • Hockey/Basketball/Football/Athletics Fitness Tests/Cross-Country • Orienteering • External sport – you can be assessed in one activity/sport which you do outside school <p>YOU WILL BE ASSESSED IN 3 OF THE ABOVE ACTIVITIES</p> <ul style="list-style-type: none"> • Also self-analysis in one of the sports chosen above, comparing your performance to that of a high class performer, analysing strengths, weaknesses, the components of fitness which help you, as well as your sportsmanship & knowledge of the rules & tactics in the sport. 	50% of Final Grade



Unit	Content	Assessment
Theory	<p>Factors underpinning Health & Performance</p> <ol style="list-style-type: none"> The Body of Work <ul style="list-style-type: none"> The Skeletal system Muscular system Cardiovascular system Respiratory system Digestive system Nervous system Health & Lifestyle decisions <ul style="list-style-type: none"> Mental health Social health Physical health (exercise, nutrition, sleep, tobacco & illegal drugs, alcohol) Planning for physical health The Active Leisure Industry <ul style="list-style-type: none"> The concept of Leisure Structure of the active leisure industry Event management 	<p>25% of Final Grade</p> <p>1 Hour 15 Minute Written Exam</p>
Theory	<ol style="list-style-type: none"> Developing Physical Fitness for Performance <ul style="list-style-type: none"> Physical fitness Principles of training Methods of training Assessment of physical fitness Planning & evaluating training programmes Planning & evaluating training sessions Developing skilled performance <ul style="list-style-type: none"> Skilled performance Factors underpinning the learning of skills for sports 	<p>25% of Final Grade</p> <p>1 Hour 15 Minute Written Exam</p>

Careers

Leisure/Sports Centre Manager, Leisure/Sports Centre Assistant, Physiotherapist, Physiotherapy Assistant, Remedial Gymnast, Professional Sports Person, Sports Instructor/Coach, PE Teacher, Stunt Performer, Health & Fitness Instructor, Children's Holiday Representative, Outdoor Pursuits Instructor, Army Officer, Army Serviceman/woman, Royal Navy Officer, Royal Navy Rating, Royal Air Force Officer, Royal Air Force Airman/woman, Royal Marines Officer, Royal Marine, Swimming Pool Attendant/Lifeguard, Sales Person – Sports Shop, Police Officer, Diver, Sports Journalist, Sports Scientist, Sports Commentator, PE Instructor – Armed Services, Youth Worker