

Faculty : Expressive Arts
Subject : Physical Education – Year 11



St John Fisher
Catholic High School

Faculty Introduction:

PE helps students acquire skills and apply tactics, evaluate and improve performance, gain knowledge and understanding about fitness and health. Leadership opportunities are also available within PE. External qualifications are available in Years 10 and 11. Sports Leaders Level 2 Awards are offered in Key Stage 4.



Topics/Modules to be covered in the year:

Core PE:

Games Activities: Football, Netball, Rugby, Cricket, Rounders, Softball, Basketball, Badminton and Tennis.

Athletics Activities: Track and Field Athletics

Dance Activities: Haka/Goal Celebration/Bollywood

Gymnastic Activities: Trampoline

OCR Level 2 Sport Studies:

- Contemporary Issues – Participation in Sport, Sports Values, Sporting Events, Governing Bodies
- Developing Sport Skills – Team, Individual, Official
- Sports Leadership
- Sport and the Media
- Working in the Sports Industry

BTEC Level 1 Sport and Active Leisure:

- Taking part in sport.
- Assisting a sports event.
- Planning your own fitness program.
- Taking Part in Exercise and Fitness
- How the Body Works

Assessment:

Termly reports.

Ongoing self and peer assessment including video analysis during lessons.

Level 2 Sport Studies:

- 1 Hour Written exam on Contemporary Issues
- Coursework Assignments on the other Units – Internally and Externally moderated.

Level 1 Sport and Active Leisure:

- All assignments are internally moderated and verified.

Homework expectations/key deadlines:

Homework set on a fortnightly basis. Assignment deadlines set for Level 1 and Level 2 courses.

Enrichment activities/revision sessions:

All year 10 students have the opportunity to represent the school teams in a number of different sports: Football (11 and 6 a side), Rugby and Touch Rugby, Basketball, Indoor and Outdoor Cricket, Dodgeball, Table Tennis, Rounders, Netball, Cross Country, Athletics. Teams are entered into City and District Championships. Lunchtime and after school clubs for a variety of different sports. Octathlon Day – Athletics School Championships. Celebration of Sports Day. Weekly revision sessions and coursework catch up sessions. Easter Revision and Coursework sessions held.

Useful websites for revision/revision guides/exam boards:

<http://www.ocr.org.uk/qualifications/cambridge-nationals-sport-studies-level-1-2-j803-j813/>
www.sportsleaders.org.uk