

# Physical Education

## **Year 10 Core PE**

In Year 10 pupils will be given the opportunity to build on the success in the KS3 curriculum. Pupils are given the concept of health, fitness and well-being. This allows pupils to use information, knowledge and skills learnt in KS3 to help make informed choices about the future. Pupils are offered pathways for core PE such as, Competition, Recreation and leadership.

### **Competition**

- Class and year based competitions in a variety of sports
- Organised by the year class, given roles to all pupils.
- Officiated by the class.

### **Recreation**

- Class and year based competitions in a variety of new sports. (Skateboarding etc)
- Organised by the year class, given roles to all pupils.
- Officiated by the class.

### **Leadership - *In conjunction with the Manchester United Foundation***

- Pupils are given the opportunity to take part in the course 'Leading the United way'
- Run local primary and secondary events.
- Develop leadership skills.
- Opportunity to reflect on current practice.

## **Year 10 GCSE PE (9-1)**

In Year 10 pupils will be given the opportunity to build on the success in KS3 and the rules and regulations of various sports and activities. Pupils will get chance to revisit key concepts of theory such as, The Muscular System, The Components of Fitness and The Effects of Exercise. This will be a good foundation to the start of KS4 allowing pupils to contextualise their understanding of some GCSE PE course. The curriculum is designed to interleave key concepts and pupils are taught the whole specification. Pupils are expected to attend many extra-curricular clubs, represent the school and play locally for teams.

### **Practical (30%)**

- Pupils are assessed on three sports or activities. (Team and Individual)
- Pupils will need to perform consistently over a period of time.
- Pupils are marked out of 25 for each sporting activity.
- Pupils are also expected to create a Personal Exercise Plan worth **(10%)**.

### **Theory (60%)**

- Pupils have two GCSE PE papers (The Human Body & Socio-cultural Influences).
- Each paper is worth 30%.

## **Year 10 OCR Cambridge National Sports Studies (Pass, Merit or Distinction)**

In Year 10 pupils have an option to take a vocational course. Sports Studies is for those pupils who prefer coursework compared to exams. Sports Studies has two mandatory units, a 1 hour written exam on

Contemporary Sporting issues, which is worth 25% of the course. The other mandatory unit is Developing Sports Skills, this works on officiating and developing practices to improve. The total of all coursework units are worth 75% of the course. The written exam is marked externally, but all coursework is complete in school with guided learning hours. The coursework must be verified and moderated externally.

R051: Contemporary Sporting Issues

R052: Developing Sports Skills

R053: Sports Coaching

R056: Outdoor and Adventure Activities

### **Extra-Curricular**

The broad and balanced extra-curricular programme is a particular strength at Dean Trust Ardwick. The PE faculty offers the chance for all pupils to experience a range of activities in greater depth. For some pupils it is a chance to gain extra confidence in an activity they may have found challenging. For others, it is a chance to gain an extra competitive challenge in activities they are already proficient in, as well as developing other roles within the sporting community such as becoming a sports leader in PE. Some pupils will also be provided with opportunities to represent the school in inter-school competitions