

# Physical Education

## Curriculum Maps:

- [Learning Journey KS3 PE](#)
- [Learning Journey GCSE PE](#)
- [Learning Journey BTEC PE](#)
- [Learning Journey BTEC level 3](#)



## Key Stage 3

Students learn and take part in a wide range of activities; learning to engage their thinking and tactical skills as well as their physical literacy. Students engage in learning about a range of life skills through sport and physical activity, as well as learning more about physiological components and how these adapt during and after exercise. Students have the opportunity to learn rules and regulations in a broad range of activities and are encouraged to take their learning beyond lesson time and engage in the comprehensive extra-curricular offer.

## Key Stage 4

<b>Subject</b>	Physical Education
<b>Qualification</b>	GCSE
<b>Exam Board</b>	Edexcel
<b>Course Leader</b>	Mr Loosemore
<b>Course summary</b>	The course develops students' knowledge and understanding in a range of topics which link to sports performance and physical activity. Pupils will gain experience in a range of practical activities that will also develop and extend their skills in both individual and team sports. Pupils will write and complete a training program as part of the course, this is known as the Personal Exercise Programme (PEP).
<b>What will students learn?</b>	<p>Component 1: Fitness and Body Systems; Applied Anatomy and Physiology, Movement Analysis, Physical Training, Use of data to analyse fitness tests scores and heart rates.</p> <p>Component 2: Health and Performance; Health, Fitness and Well-being, Sport Psychology, Socio-cultural Influences, Use of data to monitor trends and changes to sport in society.</p> <p>Component 3: Practical sports performance; range of sports learnt and assessed in, three sports selected for final examination grade.</p> <p>Component 4: Personal Exercise Programme; learning revolves around creation of a personal fitness programme and analysing the effectiveness against predetermined goals.</p>

<b>How will students be assessed?</b>	<p><b>Component 1</b> – Fitness and Body Systems; Written examination: 1 hour and 30 minutes, 36% of the qualification, 80 marks</p> <p><b>Component 2</b> – Health and Performance; Written examination: 1 hour and 15 minutes, 24% of the qualification, 60 marks</p> <p><b>Component 3</b> – Practical performance; 30% of the qualification, 105 marks made up from three activities.</p> <p><b>Component 4</b> – Personal exercise Programme PEP, 10% of the qualification, 20 marks.</p>
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<b>Key Stage 4</b>	
<b>Subject</b>	BTEC Sport
<b>Qualification</b>	Level 1 / 2 BTEC Tech Award in SPORT (2022)
<b>Exam Board</b>	Pearson
<b>Course Leader</b>	Mrs Allen
<b>Course summary</b>	BTEC is designed to give learners an insight into a broad range of jobs and careers in sport. All assessments have a vocational aspect to them with tasks that are common in the work place. BTEC courses cover a wide range of topic areas and allow students to be more Independent in their study, developing their own research skills.
<b>What will students learn?</b>	<p><b>Component 1:</b>            Explore types and provision of sport and physical activity for different types of participant.            Examine equipment and technology required for participants to use when taking part in sport and physical activity            Learn how to prepare participants to take part in sport and physical activity.</p> <p><b>Component 2:</b>            Understand how different components of fitness are used in different physical activities.            Participate in sport and understand the roles and responsibilities of officials.            Demonstrate ways to improve participants sporting techniques.</p> <p><b>Component 3:</b>            Explore the importance of fitness for sports performance.            Investigate fitness testing to determine fitness levels            Investigate different fitness training methods            Investigate fitness programming to improve fitness and sports performance.</p>
<b>How will students be assessed?</b>	<p><b>Component 1:</b> Preparing Participants to Take Part in Sport and Physical Activity. Internal written coursework – externally moderated.</p> <p><b>Component 2:</b> Taking Part and Improving Other Participants Sporting Performance. Internal written coursework– externally moderated.</p> <p><b>Component 3:</b> Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. External Synoptic written exam – 1.5 hours long, 60 Marks.</p>

## Key Stage 5

<b>Subject</b>	BTEC Sport
<b>Qualification</b>	Level 3 Extended certificate in Sport
<b>Exam Board</b>	Pearson
<b>Course Leader</b>	Mrs Allen
<b>Course summary</b>	There are three mandatory units; Anatomy and Physiology, Fitness Training and Programming for Health, Sport and Wellbeing, Professional Development in the Sports Industry. Students then study one optional Unit; this could be Sports Leadership, Sports Psychology, or Practical Sports for example. Over the two years pupils will have a variety of learning experiences through practical and theoretical based work at Wrenn. Some of the theory will still have a practical focus. Each Unit will be marked as a pass, merit or distinction. The course will allow pupils to go on to a BA or BSc degree depending on the combination of other A-levels. Pupils can also look at careers in the sports industry/sector depending on other specific qualifications.
<b>What will students learn?</b>	Anatomy and Physiology Fitness Training and Programming for Health, Sport and Wellbeing Professional Development in the Sports Industry Optional unit; for example Practical Sports
<b>How will students be assessed?</b>	There will be three main methods of assessment:- 1) Assignments which will be marked internally (at Wrenn) 2) Assignments or a task which is set and marked by the exam board 3) Written exam, marked and set by the exam board External Assessment (Exam and Externally Marked work) = 67% Internally Assessed work = 33%