



PHYSICAL EDUCATION

The PE team would encourage all of our students to take part in regular physical activity when outside of school. This could be recreational or in the form of clubs or training. Research shows that there is a clear link between physical activity and mental health and well-being. In a society that is becoming increasingly sedentary, it is the vision of the Chosen Hill PE Faculty to inspire all individuals to become enthusiastic about physical activity in whatever shape and form that may take. We endeavour to provide a range of activities that create these opportunities at all levels.

All Year Groups:

Students are encouraged to practice skills, where relevant, at home to consolidate the work done in practical lessons. We encourage all students to get involved with clubs where they can. The Faculty can point students in the right direction, if needed. Please contact us for any more information regarding this at mar@chosen-hill.gloucs.sch.uk. There are numerous local clubs that can be accessed by all levels of performer.

Independent Study Tasks:

Research sport at home:

- Watch sporting performances on television, particularly national events such as European Championships, World Cups and Olympics;
- Research sporting documentaries on issues in sport;
- Spend time at home practicing skills that have been learned with your family or on your own;
- Discuss your strengths and weaknesses with your parents/guardians and create targets to improve;
- Research components of fitness.

Teachers will set tasks on Show My Homework in line with the studies that they are doing.

Students are encouraged to study the profile of their favourite sports performer and apply all of the components that they are learning to that performer.

Students are also encouraged to develop a training programme which will form part of their assessed work. They will then conduct this programme as part of their course but will benefit from continuing this at home. All sporting opportunities are beneficial to students on these courses.

YEAR 10-11 CNAT SPORTS SCIENCE

The link to the course is below;

[OCR Level 1/Level 2 Cambridge National in Sport Science specification](#)



Students are encouraged to consolidate learning in all topics studied. The two mandatory units are highlighted below.

Unit R180: Reducing the risk of sports injuries

In this unit you will learn how to prepare participants to take part in sport and physical activity in a way which minimises the risk of injuries occurring; prepare them to be able to respond to common injuries that can occur during sport and physical activity and to recognise the symptoms of some common medical conditions.

This unit is assessed by an exam. The exam is 1 hour and 15 minutes. It has two Sections – Section A and Section B. • Section A has 25 marks • Section B has 45 marks • The exam has 70 marks in total. This will be conducted under examination conditions.

Unit R181: Applying the principles of training: fitness and how it affects skill performance

In this unit you will learn how to conduct a range of fitness tests, what they test and their advantages and disadvantages. You will also learn how to design, plan and evaluate a fitness training programme. This will give you the background knowledge you need to be able to plan and deliver appropriate fitness tests, some of which will be adapted to suit the skills of the sporting activity. You will then interpret the data collected from fitness tests and learn how best to feed this back so that participants can go on to make informed decisions about their fitness training. For all topic areas and content below, please select your activities from the Approved Activity list. Please see the OCR website for the approved list of activities for this unit.

Independent study has to be undertaken off school site due to the depth of study required. These tasks are always on Class Charts. 1hour per week is expected. There are numerous resources available on the PE area and links to these will be provided through Class Charts when they are required.

Year 10-11 GCSE PE AQA Course

Performance

All students are expected to take part in school clubs, and ideally outside of school clubs as well. They are assessed in 3 areas of practical performance and any home practice will be beneficial.

There are benchmarked points with assessed performances throughout the course, with individual targets set in response to the individual assessments.

Theory

Independent study has to be undertaken off school site due to the depth of study required. These tasks are always on Class Charts. 1hour per week is expected. There are numerous resources available on the PE area and links to these will be provided through Class Charts when they are required.

The Course:

<https://www.aqa.org.uk/subjects/physical-education/gcse/physical-education-8582>

The practical performances can be from any listed below but must be a combination of individual and team activities. We encourage students to do as much practice in their chosen activities at home or in clubs as possible:

Activity Comments/restrictions

- Association football - Cannot be five-a-side or futsal.
- Badminton - Cannot be assessed with singles badminton.
- Basketball
- Camogie - Cannot be assessed with hurling.
- Cricket
- Dance - Can only be used for one activity.
- Gaelic football
- Handball
- Hockey - Must be field hockey. Cannot be assessed as ice
- hockey or roller hockey.
- Hurling - Cannot be assessed with camogie.



- Lacrosse
- Netball
- Rowing - Cannot be assessed with sculling, canoeing or kayaking. This can only be used for one activity.
- Rugby League - Cannot be assessed with Rugby Union or rugby sevens. Cannot be tag rugby.
- Rugby Union - Can be assessed as sevens or fifteen-a-side. Cannot be assessed with Rugby League and cannot be tag rugby.
- Squash - Cannot be assessed with singles squash.
- Table tennis - Cannot be assessed with singles table tennis.
- Tennis - Cannot be assessed with singles tennis.
- Volleyball

Individual activity list

- Activity Comments/restrictions
- Amateur boxing
- Athletics Activity Comments/restrictions
- Badminton - Cannot be assessed with doubles badminton.
- Canoeing/kayaking (slalom) - Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking sprint, rowing or sculling.
- Canoeing/kayaking (sprint) - Cannot be assessed in both canoeing and kayaking. Cannot be assessed with canoeing/kayaking slalom, rowing or sculling.
- Cycling Track (indoor/ outdoor) or road cycling only. Cannot be assessed in track cycling and in road cycling.
- Dance - Can only be used for one activity. Cannot be assessed with rhythmic gymnastics
- Diving Platform diving only.
- Golf
- Gymnastics Floor routines and apparatus/specialism only. Can only be used for one activity.
- Students choosing rhythmic as their specialism cannot also be assessed in dance.
- Equestrian
- Rock climbing - Can be indoor or outdoor climbing.
- Sculling - Cannot be assessed with rowing, canoeing or kayaking.
- Skiing Outdoor/indoor on snow. Cannot be assessed with snowboarding. Must not be on dry slopes.
- Snowboarding Outdoor/indoor on snow. Cannot be assessed with skiing. Must not be on dry slopes.
- Squash - Cannot be assessed with doubles squash.
- Swimming - Cannot be synchronised swimming. Cannot be personal survival. Cannot be lifesaving.
- Table tennis - Cannot be assessed with doubles table tennis.
- Tennis - Cannot be assessed with doubles tennis.
- Trampolining

KS5 A Level:

Performance

Individual practice in accordance with the skills listed for their sport. It is expected that students should be taking part in a club outside of school in their chosen sport. Their A level moderation is in March of Year 13, so all evidence must have been collected by then. The higher the level of performance the better, but video evidence must be collected.

Theory

There are three key areas of study which are:

- Exercise Physiology;
- Sports Psychology;
- Socio-Cultural Studies.



Wider reading in all of these areas is essential and all lessons must be re-visited and consolidated at home and during independent studies.

Specific tasks will be set through Show My Homework but numerous resources and past papers are available on the P Drive and students have access to these resources and are expected to use them.

Students have two text books which should be used to consolidate understanding at home.

The course is OCR and the link is below.

<https://www.ocr.org.uk/qualifications/as-a-level-gce/physical-education-h155-h555-from-2016/>

