



Tudor Grange Academy Solihull

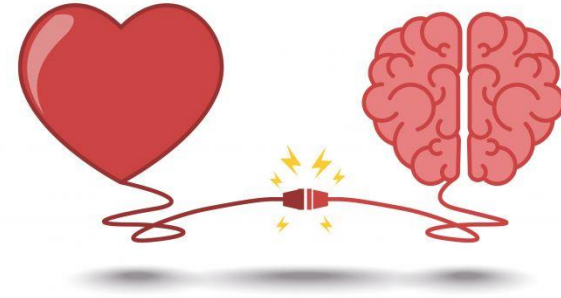
Year 8
CURRICULUM CHOICES
2020



PHYSICAL EDUCATION



Year 9- Development of Specialism What will I study?

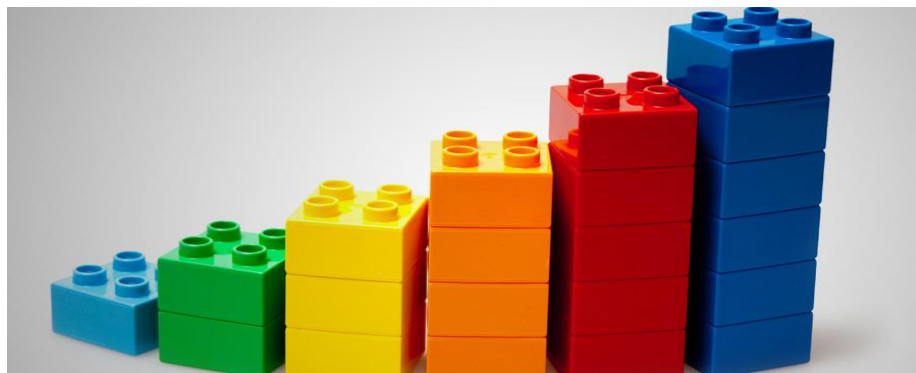


You will learn about

- *Muscles, bones and movements
- *Components of fitness
- *Goal setting
- *Principles and methods of training
- *Warm ups and cool downs
- *How to prevent injuries, hazards and risks
- *Diet and nutrition

How will you learn about it?

- *Investigating and writing lots of different case studies on professional athletes.
- *Creating personal training programmes for yourself and others.
- *Analysing sporting performances (professional level).



Why?

- *Building blocks of foundation prior to start the GCSE in Year 10.
- *To develop a love of learning.
- *To understand key concepts that will be interleaved throughout year 10 and 11.





WHAT YOU WILL STUDY

GCSE PE - Specification overview

	Component name	Content	% of total GCSE
01	Physical factors affecting performance	1.1 Applied anatomy and physiology 1.2 Physical training	30%
02	Socio-cultural issues and sports psychology	2.1 Socio-cultural issues 2.2 Sports psychology 2.3 Health, fitness and well-being	30%
03	Performance in physical education	3.1 Practical activity assessment 3.2 Analysing and Evaluating Performance (AEP)	40%

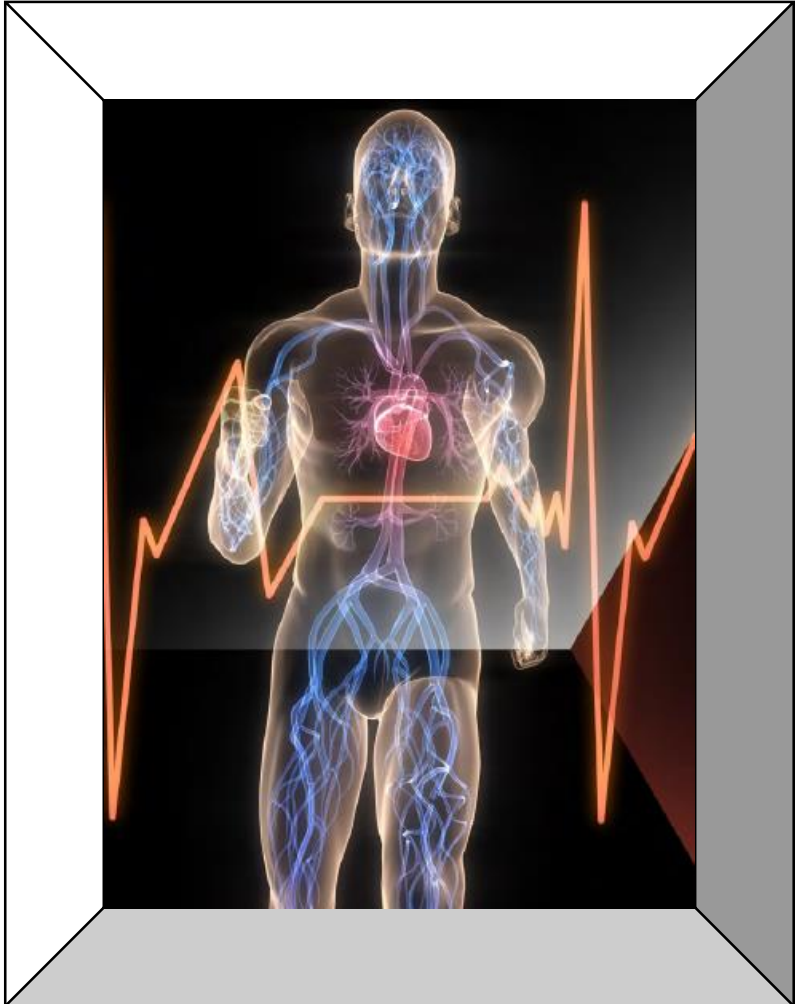


HOW WILL I BE EXAMINED?

GCSE	Component name	Content	Mks	Exam	% of Total GCSE
01	Physiological factors affecting performance	1.1 Applied A&P 1.2 Physical Training	60	1 hr	30%
exam	Section A – 30 marks, 20 questions ranging in size/mark allocation across the topics. Section B – 3 x 10 mark questions, 2 on A&P and 1 on Physical Training; broken down in to part questions. Including the use of extended response and use of data.				
02	Socio-cultural Issues and Sports Psychology	2.1 Socio-cultural issues 2.2 Sports Psychology 2.3 Health, Fitness and Wellbeing	60	1 hr	30%
exam	Section A – 30 marks, 20 questions ranging in size/mark allocation across the topics. Section B – 3 x 10 mark questions, one on each topic, broken down in to part questions. Including the use of extended response and use of data.				
03	Performance with Physical Education	3.1 Performance practical in three activities, equally weighted at 20 marks each 3.2 Analysing and evaluating performance (AEP) 20 marks	80	NEA	40%



WHAT YOU WILL STUDY

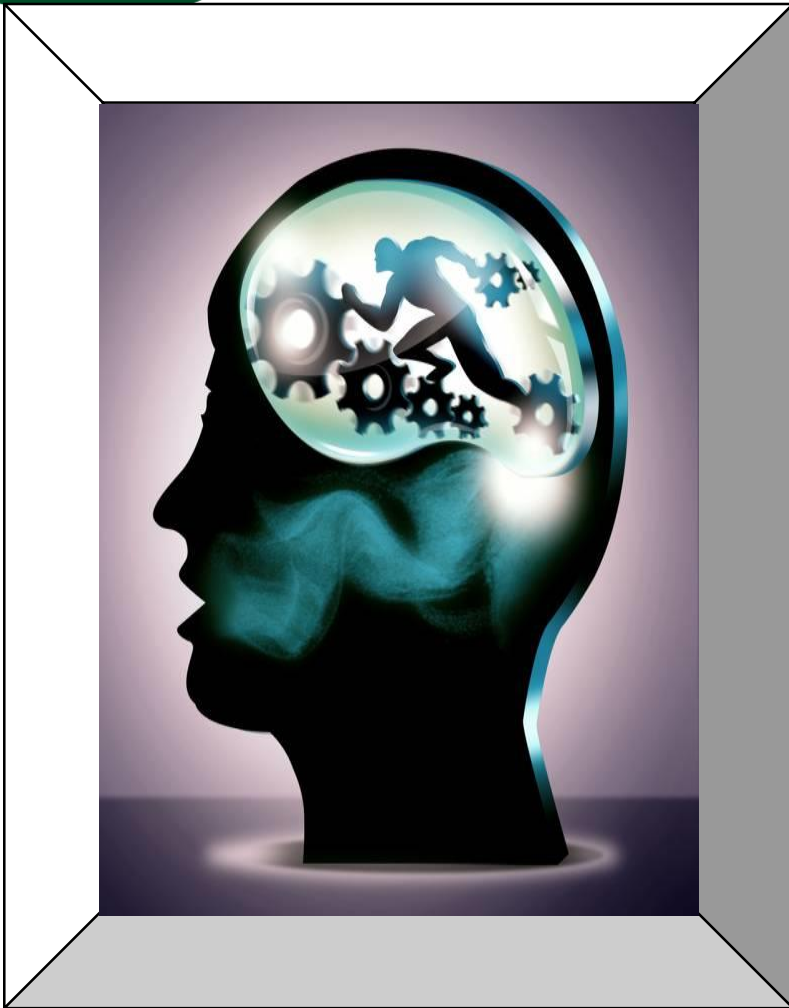


Physical factors affecting performance:

- How does your body function during physical activity?
- What are the physiological adaptations that can occur due to diet and training?
- Why do we train in different ways?
- How can we optimise results through training plans?



WHAT YOU WILL STUDY



Socio-cultural issues and sports psychology:

- How has the commercialisation effected sport?
- What can be done about the prevalence of ethical issues in sport?
- What are the characteristics of an effective sports team?
- How can we manage performers anxiety?
- How does your diet effect your performance in sport?



WHAT YOU WILL STUDY



Amateur boxing
Association football
Athletics

Badminton
Basketball

Camogie
Canoeing
Cricket
Cycling

Dance
Diving

Equestrian

Gaelic football
Golf
Gymnastics

Handball
Hockey
Hurling

Kayaking

Lacrosse

Netball

Rock climbing
Rowing
Rugby league

Rugby union

Sculling
Skiing
Snowboarding
Squash
Swimming

Table tennis

Tennis
Trampolining

Volleyball

Specialist-

- Blind cricket
- Boccia

- Goal ball
- Powerchair football
- Polybat

- Table cricket
- Wheelchair basketball
- Wheelchair rugby

ACTIVITIES IN LESSONS



4 x lessons over a two week timetable

All theory lessons

Practical – you must be competing regularly outside of school/wider curricular

Core PE Lessons

LINKS TO CAREERS AND FUTURE



Successes 2019 GCSE

7+ 42%

5-9 83%

4-9 91%

