



Carleton Community High School

A Specialist Science with Mathematics School



GCSE Physical Education

Practical (1 lesson per week) 60%

Students will continue to develop their practical skills in a range of sports. They will be assessed in all sports and given a mark out of 10 which will form their estimated grade. They will record their assessments in a practical log book. It is very important for students to take part in regular sport both in and out of school. Students who have not done this in the past have struggled to achieve their target grades. Students will use their best 4 sports in their final assessment in Year 11, one of which must be a non-game.

Controlled Assessments (coursework, part of the practical score)

Students will complete one piece of coursework; this entails them planning and taking part in a personal exercise program. The write ups for these sessions will be done in exam conditions and will take place between February half term and Easter. Students who miss these sessions will be expected to make up the time.

Theory (1 lesson per week) 40%

Students will complete the following units of study:

Section 1.1 Healthy Active Lifestyles

1. Lifestyles
2. Influences and opportunities
3. Exercise and Fitness
4. Training principles
5. Health and Well-being

Students will complete an end of unit test for each unit and will be carefully monitored to ensure they are meeting their targets. Students will be set homework regularly; most homework will be completed in their homework booklet.

Expectations

The department will make regular contact home via postcards, letter or by telephone. We expect all our candidates to be passionate about sport and healthy lifestyles. If you have any questions about the course please do not hesitate to contact myself or any member of the team. **Candidates who do not regularly take part in sport outside of school will find it difficult to achieve a grade C or above.**

M Disney
PE Co-ordinator