



Year 8 Choices



GCSE PE and Btec Sport

GCSE PE

Breakdown of Course

- Theory = 60%
- Practical performance = 30%
- Coursework element = 10%

Breakdown of Course

- Theory = 60%
- 2 x written examinations
- 1 x 1hr 45 mins – 36% Fitness and Body systems
- 1 x 1hr 15 mins – 24% Health and Performance

Breakdown of Course

- Practical performance = 30%
- 3 x sports
- 1 x Team sport = 10%
- 1 x Individual sport = 10%
- 1 x either Team or Individual = 10%

Breakdown of Course

- Coursework element = 10%
- Planning, performing and evaluating a Personal Exercise Programme (PEP) in one activity from the set sports list

Application

- Allocated timetable lessons
- Train for your 3 chosen sports as early as you can to develop the necessary skills and competitive experience
- Attend sports clubs in and out of school
- Success criteria for all the sports can be found on the SLE

Careers

- Further Education – A levels and University
- Personal Trainer and Fitness Industry
- PE Teacher
- Sports Rehabilitation
- Sports Coaching
- Sports Media
- Sports Nutrition
- Sports & Business
- Sports Psychology



Level 2 Certificate in Sport (Btec)

(Sport, Exercise & Fitness)

Breakdown of course

- All coursework (No examination)
- 4 units
- 3 of which are compulsory
- The teacher will pick the 4th unit from a range of options best suited to the group

Compulsory units

Participating in Sport

- Develop practical skills in sport through planning, participating and evaluating performance.
- Develop knowledge and understanding of the rules, regulations of a variety of sports.

Examples include:

- Reviewing own and elite performance through video analysis.
- Using Quantitative and qualitative approaches.

Compulsory units

Anatomy & Physiology for Exercise

- Develop knowledge of the structure & function of the body and how exercise impacts it.
- Content includes skeletal, muscular, respiratory, cardiovascular, nervous & energy systems.

Examples include:

- Research based lesson
- Creation of diagrams,
- Presentations and end of module tests.

Compulsory units

Healthy Exercise & Nutrition

- Explore the effects of exercise on the body,
- Learn the components of fitness and training methods
- You will be able to consider the impact & importance of good nutrition.

Examples include:

- Creation of a diet plan for a specific sportsman or sport.
- Reviewing the link between media, sport and nutrition through discussions.
- Exploring how the body can be trained through planning a Personal Exercise Program

Optional unit

The Teacher will choose one unit from a selection of optional units based on the cohort:

- Sports Coaching
- Injuries
- Performance analysis for sport
- Psychology
- Planning & running a sports event
- Strength & conditioning training
- Development of personal fitness
- Planning & delivering a session
- Leisure industry.

Assessment

- Each unit within the qualification has specified assessment and marking criteria which are used for grading purposes.
- A summative unit grade can be awarded at pass, merit or distinction.
- All work is internally assessed and the portfolio of evidence is externally moderated.

Careers

- Further Education – A Level Btec in Sport
- Recreational Management
- Coaching
- Fitness Industry
- Officiating
- Apprenticeships in Exercise & Fitness
- Sports Nutrition.

Contacts

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