



PERFORMANCE (GCSE P.E)



HEALTH & FITNESS (NCFE)



COACHING (BTEC SPORT)

OCR

nCFE.

BTEC



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PE QUALIFICATIONS

What course do I choose?

“In PE we run three qualifications, GCSE PE, BTEC Sport and NCFE Health and Fitness. We run the three qualifications so that we can ensure you have the opportunity to achieve a fantastic grade in sport by following the course that suits you. Our GCSE qualification is suitable for students who have the sporting ability in individual and team sports which they can combine with the theoretical components of the course. Our BTEC Sport course is perfect for students who enjoy their sport but do not have the high-performance skills that would be needed to achieve the high practical grades that our GCSE PE course requires. The NCFE course is for those pupils who have an interest in health and fitness and want to learn how to support others with their health and fitness goals. Over the following presentation you will find all the information you require to understand the different requirements of each course. If you decide that you would like to choose to study one of the PE qualifications, then choose PE on your options and then your PE teacher will help you to make the right decision about which course would be best for you.”



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GCSE P.E

Is GCSE PE for me?

This practical and engaging course has been developed for students who have the necessary performance skills required to achieve a high grade in sport. The content will enable you to understand how you critically analyse and evaluate physical performance and apply your experience of practical activities in developing your knowledge and understanding of the subject. This qualification requires you to be able to perform at a high level in both team and individual activities. You will also analyse and evaluate performance in your chosen sport. This course will provide you with the foundations to study PE or sports science courses as well as other related subject areas such as psychology, sociology, and biology. This course will provide you with the transferable skills that are in demand by further education, Higher Education, and employers in all sectors of industry. If you meet these criteria, then we are confident that you will match the achievements that many of our sporting superstars from the past were able to reach.



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BTEC Sport

Is BTEC Sport for me?

BTEC Sport is the perfect subject if you have an interest in sport but do not want the additional pressure of having to perform in a number of sports at a high level. You will put what you learn into practice straight away, especially important if you are considering a career in this sector in the future. Throughout the course, you will work on a series of assignments set in real-life scenarios, developing the practical knowledge and skills that potential employers and universities are looking for. Through a combination of practical experience and written assignments, this vocational qualification will provide you with the knowledge, skills and understanding needed for a strong foundation for academic or vocational study at level 3, including apprenticeships. You can have the confidence that you will achieve an amazing grade as our record over the last decade is second to none.



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Is NCFE Health and Fitness for me?

This qualification is designed for learners who want an introduction to Health and Fitness that includes a vocational and project-based element. The qualification will appeal to learners who wish to pursue a career in the Health and Fitness sector or progress onto further study at Level 3. You will develop a core knowledge and understanding in Health and Fitness and how to support others with their Health and Fitness goals. This includes understanding the functions of the body systems, understanding the principles of training, knowing how the body reacts in the short- and long-term to fitness activities, how to create and apply lifestyle analysis tools and how to create a fitness programme for a person with specific goals. Through a combination of applied practical experience and project-based elements, this vocational qualification will provide the knowledge, skills and understanding needed for a strong foundation for academic or vocational study at level 3, including apprenticeships.



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GCSE P.E

Subject Information

Our exam board is **OCR**.

ASSESSMENTWEIGHTING

- **60%Theory**
- **40%Practical**

You will be assessed across 4 components:

- **Component 01 (Physical factors affecting performance)**
- **Component 02 (Socio-cultural issues and sports psychology)**
- **Component 04 (Practical Performances)**
- **Component 05 (Analysis and Evaluation of Performance)**



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GCSE P.E

Component 01 – Physical factors affecting performance

This component is assessed via a 60-mark written exam at the end of year 11.

Students will explore how parts of the human body function during physical activity and the physiological adaptations that can occur due to diet and training. They also develop skills in data analysis, and an understanding of the principles of training, why we train in different ways and how training plans can be made to optimise results.

There are two topics:

- Applied anatomy and physiology
- Physical training.



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GCSE P.E

Component 02 – Socio-cultural issues and sports psychology

This component is assessed via a 60-mark written exam at the end of year 11.

Students develop their knowledge of the social-cultural and psychological influences on levels of participation in sport, and how sport impacts on society more broadly. This includes the individual benefits to health, fitness, and well-being of participating in physical activity, as well as the influences of commercialisation, sponsorship and the media.

There are three topics:

- Socio-cultural influences
- Sports psychology
- Health, fitness and well-being.



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GCSE P.E

Component 04 – Practical Performances

Students are assessed in performing three practical activities.

In the practical performance, they demonstrate effective performance, the use of tactics or techniques and the ability to observe the rules and conventions under applied conditions.

Students must maintain a participation log across the two-year course for all 3 sports.

3 x practical sports

1 x team sport

1 x individual sport

1 x other sport



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GCSE P.E

Component 05 – Analysis and Evaluation of Performance

This component draws upon the knowledge, understanding and skills a student has learnt and enables them to analyse and evaluate their own or a peer's performance in one activity.

This is a written controlled assessment that counts for 10% of the final grade.

Pupils will receive a mark out of 20 for this analysis and evaluation task.



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GCSE P.E

Career Progression

This course could lead to a range of careers within the sports industry including:

- Fitness instructor/personal trainer
- P.E teacher
- Sports coach
- Physiotherapist

Students could also progress to level 3 study in P.E or sport at sixth form or college.



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GCSE P.E

University Progression

The OCR GCSE in Physical Education will prepare learners for further study of P.E or sport at university. This includes degrees in:

- Sport and exercise science
- Sports coaching
- Physical education
- Leisure management
- Physiotherapy
- Sports journalism



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BTEC Sport

Subject Information

BTEC Tech Award in Sport

ASSESSMENTWEIGHTING

- 2 x internal units
- 1 x external synoptic exam

Our exam board is **Pearson**.

You will be assessed across 3 components:

- Component 1 – Preparing participants to take part in sport and physical activity
- Component 2 – Taking part and improving other participants sporting performance
- Component 3 – Developing fitness to improve other participants performance in sport and physical activity



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BTEC Sport

Component 1 – Preparing participants to take part in sport and physical activity

This is a non-exam internal assessment set by Pearson and marked by the school. Students will receive a mark out of 60 for this work.

The component covers the following learning outcomes:

- A** - Explore types and provision of sport and physical activity for different types of participant
- B** - Examine equipment and technology required for participants to use when taking part in sport and physical activity
- C** - Be able to prepare participants to take part in sport and physical activity.



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BTEC Sport

Component 2 – Taking part and improving other participants sporting performance

This is a non-exam internal assessment set by Pearson and marked by the school. Students will receive a mark out of 60 for this work.

The component covers the following learning outcomes:

- A** - Understand how different components of fitness are used in different physical activities
- B** - Be able to participate in sport and understand the roles and responsibilities of officials
- C** - Demonstrate ways to improve participants sporting techniques.



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BTEC Sport

Component 3 – Developing fitness to improve other participants performance in sport and physical activity

This is an exam based external assessment that is set and marked by the exam board Pearson. Students will have 1.5 hours to complete the exam and will receive a mark out of 60.

The component covers the following assessment objectives:

AO1 - Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO2 - Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO3 - Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO4 - Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise



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- Sports coach
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BTEC Sport

University Progression

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- Sports coaching
- Physical education
- Leisure management
- Physiotherapy
- Sports journalism



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NCFE HEALTH & FITNESS

Subject Information

NCFE Level 1/2 Technical Award in Health and Fitness

Our exam board is **NCFE**.

You will be assessed across 2 units:

- **Unit 01: Introduction to body systems and principles of training in health and fitness (External exam)**
- **Unit 02: Preparing and planning for health and fitness (Internal project)**

ASSESSMENTWEIGHTING

- **40% External Exam**
- **60% Internal Project**



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NCFE HEALTH & FITNESS

Unit 01 – Introduction to body systems and principles of training in health and fitness

This component is assessed via an 80-mark written exam during year 11.

Learners will develop their knowledge and understanding of the structure and function of key body systems. Learners will know and understand the short- and long-term effects that health and fitness activities can have on the body. Learners will know and understand the components of fitness and principles of training.

The topics listed above will be split across four learning outcomes and examined via a mixture of multiple-choice, short answer and extended response questions within the year 11 exam.



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NCFE HEALTH & FITNESS

Unit 02 – Preparing and planning for health and fitness

This component is assessed via an internal synoptic project that learners have 21 hours of supervised time to complete.

Students will learn and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Learners will know and understand how to test and develop components of fitness. They will also learn how to structure health and fitness programmes and how to prepare safely for health and fitness activities.

The project will be complete during year 11 once all of the theory content has been delivered and applied practically.



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NCFE HEALTH & FITNESS

Career Progression

This course could lead to a range of careers within the health and fitness sector.

- Fitness instructor/personal trainer
- Strength and conditioning coach
- Leisure manager
- Physiotherapist

Students could also progress to level 3 study in P.E or sport at sixth form or college.



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NCFE HEALTH & FITNESS

University Progression

The NCFE in Health and Fitness will prepare learners for further study of P.E or sport at university. This includes degrees in:

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- Sports coaching
- Physical education
- Leisure management
- Physiotherapy



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PE QUALIFICATIONS

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