



Physical Education Department

What will I learn?

We aim to maximise the potential in every child and try to develop a clear grasp of health issues in order to equip all students to make informed decisions at the end of Key Stage 4. In Physical Education, you will learn how to improve your knowledge, understanding and skill level in many activities. You will participate in Games, Athletics, Gymnastics and Outdoor Adventurous Activities. During the activities you will develop your co-operation skills and develop an understanding of health and fitness.

The Physical Education Department

The Physical Education Department at The Shrewsbury Academy consists of several members of staff. Mr Dobson (Head of Department), Mrs Ashwell-Davis (2nd in Department), Mr Rogers, Miss Evans, Mr Perks and Miss Lovett. The Department prides itself on participation, success and offers a variety of sporting experiences for all pupils. The facilities for Physical Education include 2 fields used for Football, Rounder's, Athletics and Rugby. At the school, we also have a Prima play, Gymnasium and Fitness Suite. The school also uses the Sports Village for other practical activities for example Trampolining and Badminton.

How much Physical Education do I get?

In Key Stage 3 and 4, students have two 60 minute lessons per week. Students use the information gathered during Key Stage 3 to make informed choices whether they study the GCSE PE Course in Key Stage

4. All pupils regardless of options study P.E in Key Stage 4 as a core subject.

What PE exams can I take?

Currently, the Year 10 GCSE PE groups are following the AQA syllabus which is made up of 30% practical and 70% theory. This is a two year course consisting of practical and theory aspects of Physical Education. During theory content (classroom based), pupils will learn about; Applied anatomy and physiology, Movement analysis, Physical training, Sports psychology, Socio-cultural influences, Health, fitness and well-being and Use of data. Students will participate in a variety of practical activities in the role of a player/performer.

Theory Components (60%)

Unit 1. The human body and movement in physical activity and sport:

Applied anatomy and physiology

Movement analysis

Physical training

Use of data

Unit 2. Socio-cultural influences and well-being in physical activity and sport

Sports psychology

Socio-cultural influences

Health, fitness and well-being

Use of data

Practical Components (40%)

Practical performance in physical activities in the role of player/performer

Analysis and evaluation of performance

Details of exam components:

Theory Components (Overall 60%)

Paper 1: The human body and movement in physical activity and sport

Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

Paper 2: Socio-cultural influences and well-being in physical activity and sport

Written exam: 1 hour 15 minutes, 78 marks, 30% of GCSE

A mixture of multiple choice/objective test questions, short answer questions and extended answer questions for both exams

Practical Components (Overall 40%) (10% includes a written analysis and evaluation)

Practical performance in three different physical activities, in the role of player/performer. One in a team activity, one in an individual activity and a third in either a team or in an individual activity.

100 marks, 30% of GCSE

For each of their three activities, students will be assessed in skills in progressive drills (10 marks per activity) and in the full context (15 marks per activity).

Analysis and evaluation of performance to bring about improvement in one activity (10% written)

Students will be assessed on their analysis (15 marks) and evaluation (10 marks) of performance to bring about improvement in one activity

What will I be expected to wear?

All students are expected to wear the school PE kit of Blue Polo shirt with the school logo, blue shorts, blue socks and trainers/boots. In addition to this students are expected to wear shin guards for, football and rugby as well as gum shields.

What opportunities are there for Out of School Learning?

The school has a wide selection of extra-curricular clubs which are run before and after school. These are open to students of all abilities with the added opportunity of representing the School in fixtures. Clubs include Football, Rugby, Netball, Fitness, Badminton, Rounder's, Cricket, Leadership and Athletics.