

GREAT BARR ACADEMY

A SPECIALIST SCIENCE COLLEGE



IGNITING

POTENTIAL



Physical Education



“Hard work beats talent when talent doesn’t
work hard”

In PE our aim is to help everyone to become a healthier more active version of themselves which not only will help prepare them for the future but help them relieve some of the pressure that school can present them. We want to engage, enthuse and show pupils how easy it can be to lead a healthy active lifestyle when at school and when they leave in year 13.

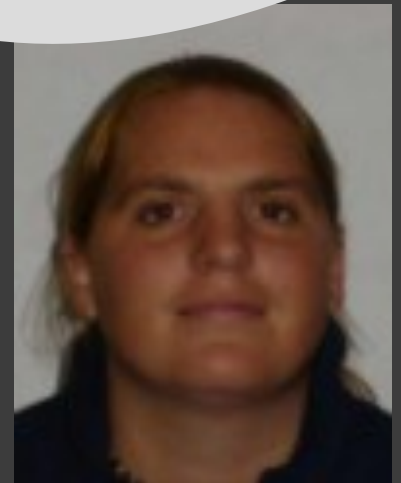


Physical Education

CONTACT US

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List of Topics Covered

Year 7 Core PE

Pupils will develop skills in several different activities from the following list:

Year 8 Core PE

Netball

Year 9 Core PE

Football

Year 10 Core PE

Rugby

Year 11 Core PE

Dodgeball

Basketball

Badminton

Trampolining

Table Tennis

Gymnastics

Fitness

Rounders

Cricket

Athletics

Dance

Handball

List of Topics Covered

KS4

GCSE

Physical Education

GCSE PE is an intensive two year course which is 40% practical in which students are graded in three different sports. They are also required to complete a piece of coursework alongside their practical sport. The final 60% of the course is exam based testing students' theoretical knowledge in a range of topic areas including: respiratory, cardiovascular, muscular and skeletal systems, skill and health related fitness, training methods, injury, diet and drugs.

KS5

BTEC Level 3

National Diploma in Sports & Exercise Science

The Level 3 course has 4 units per year in which 3 are exam based. The units that you will study are as follows:

Sport and Exercise physiology (Exam)

Functional Anatomy (Exam)

Applied Sport and Exercise Psychology (seen Exam)

Coaching for performance and Fitness

Biomechanics in Sport and Exercise Science

Sociocultural Issues in Sport and Exercise

Field and Laboratory-based fitness testing

Applied research methods in Sport and Exercise Science