

OUTDOOR EDUCATION

EXAMINATION BOARD: WJEC

TITLE: GCSE Physical Education

ACCREDITATION:

The full range of GCSE grades is available; the Entry Level Award is an option for students struggling to meet all the theoretical requirements of this course.

NATURE OF THE SUBJECT: You will do a lot of water and mountain based activities. Much of your time will be spent on activities in the swimming pool and school grounds, but there will also be classroom work. Study of this subject will help you understand how your body is affected by physical exercise day-to-day and in the long-term. You will find out about rules and safety issues in training for the performing activities.

CONTENT: Much of the course is based on practical work and you will need to bring kit each week. There will be several weeks of swimming and kayaking in the swimming pool. You will need to be able to swim two lengths of the pool before starting this course. You will learn skills and safety points needed to enjoy climbing, camping, camp cooking, navigating and preparing for mountain walking. Mountain walking is assessed by an expedition in Year 11. You will also study fitness issues, training methods, skill acquisition and aspects of sport psychology. There will be two residential weeks in Year 10, one during the winter term, concentrating on mountain skills, and the second, in the summer term, focussing on camping and water activities. Both of these cost money and although they are subsidised, students will have to pay for the cost of accommodation and subsistence.

NATURE OF THE WORK: About 50% of the course is practical and involves skill development but also group work and trust. This is especially important for some of the activities where you will be responsible for yourself and others. A fitness testing and improvement programme will run throughout the year. You will be expected to plan out and perform your own training programme for your chosen sport activity. There will be classroom sessions where you will be expected to make notes and take part in discussions. There will be written homework assignments and a hill walking log book task in year 11.

ASSESSMENT: Practical work makes up 60% of the overall mark. You will be assessed on your practical in four activities, at least two activities must be practical performances you may choose to be assessed as a leader /coach or as an official in the remaining activities. You will be expected to identify faults in the performances of others and make suggestions to correct the faults. You will choose your four activities for assessment, you may choose up to three activities from any area of the four areas studied in the National Curriculum. A final 1½ hours examination makes up the remaining 40% of the mark, it will test your knowledge, understanding of fitness, training, skill acquisition, sports psychology and why people participate in sport.

POSSIBLE CAREERS: The course will benefit those considering the Armed Forces, Police force and the leisure industry,, but it has value in a far wider area, e.g. management skills, as leadership and group co-operation are developed through this course.

WHO IS SUITABLE FOR THIS COURSE: You should enjoy this course if you like working in groups and enjoy practical activities out of doors including getting cold and wet! This course requires full commitment and lots of effort, especially in the areas that you may find difficult. You will be expected to bring kit for all these lessons and to take an active part in everything. You will need to swim 50 metres. All practical work is compulsory.

FURTHER INFORMATION: Please see Mr A. Bowyer or Mrs R. Dathan