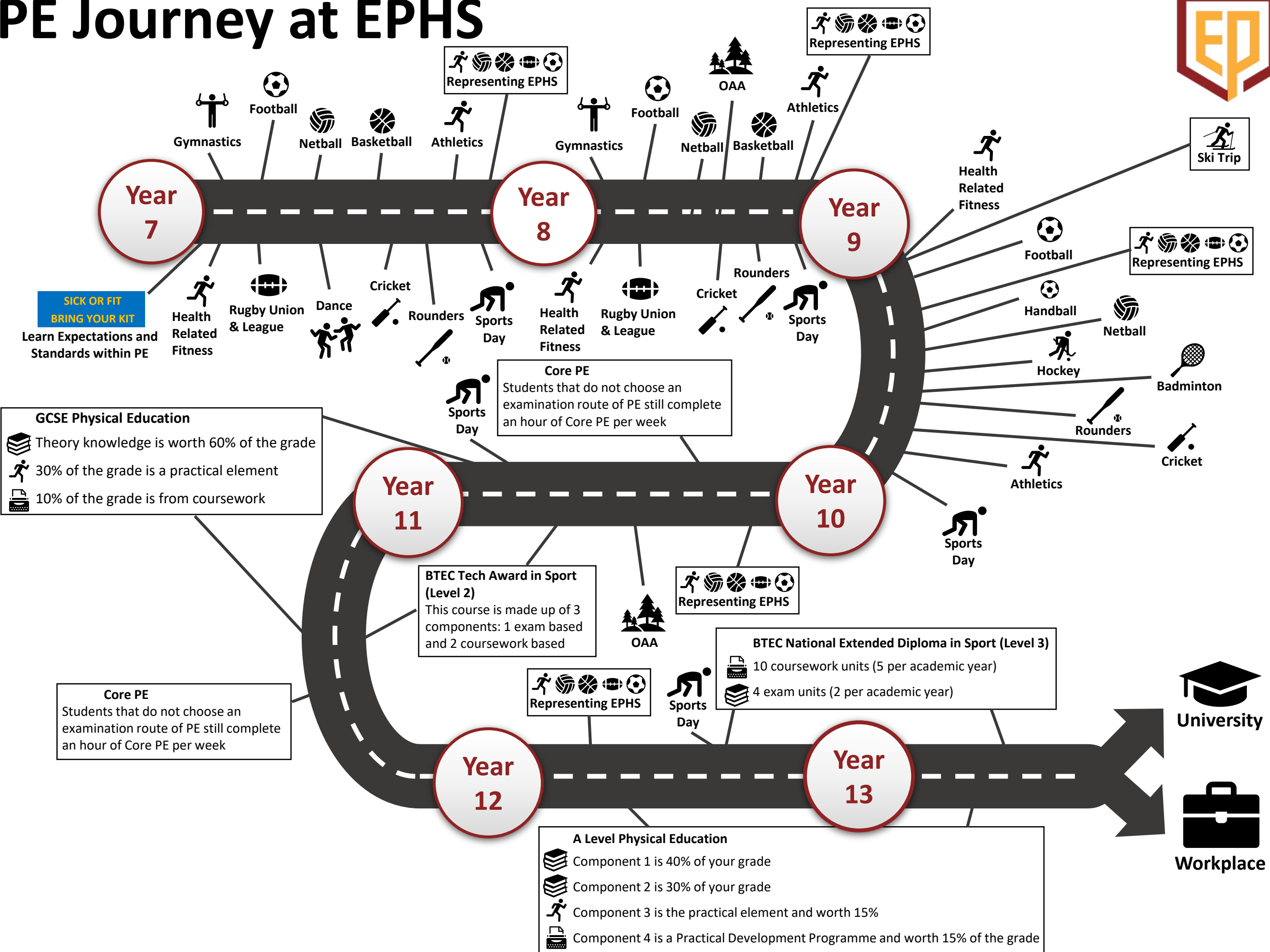


# PE Journey at EPHS



**SICK OR FIT  
BRING YOUR KIT**

Learn Expectations and Standards within PE

**GCSE Physical Education**

- Theory knowledge is worth 60% of the grade
- 30% of the grade is a practical element
- 10% of the grade is from coursework

**Core PE**  
Students that do not choose an examination route of PE still complete an hour of Core PE per week

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**BTEC Tech Award in Sport (Level 2)**  
This course is made up of 3 components: 1 exam based and 2 coursework based

**BTEC National Extended Diploma in Sport (Level 3)**

- 10 coursework units (5 per academic year)
- 4 exam units (2 per academic year)

**A Level Physical Education**

- Component 1 is 40% of your grade
- Component 2 is 30% of your grade
- Component 3 is the practical element and worth 15%
- Component 4 is a Practical Development Programme and worth 15% of the grade



University

Workplace

# BTEC Tech Award in Sport



Coursework Based



Exam Based



**Component 1:**  
Preparing Participants to Take Part in Sport and Physical Activity

**Year 10**

**Component 1:**  
Preparing Participants to Take Part in Sport and Physical Activity

This Component is made up of 3 set tasks to be completed under timed conditions.

This Component covers the following knowledge:

**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



**Component 2:**  
Taking Part and Improving Other Participants Sporting Performance

**Component 2:**  
Taking Part and Improving Other Participants Sporting Performance

This Component is made up of 4 set tasks to be completed under timed conditions.

This Component covers the following knowledge:

**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

**Year 11**



**Component 3:**  
Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity



**Component 3:**  
Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity - Exam



Sixth Form



Workplace

# GCSE Physical Education



Coursework Based

Exam Based

**Component 1: Musculoskeletal System**



**Component 1: Cardiorespiratory System**



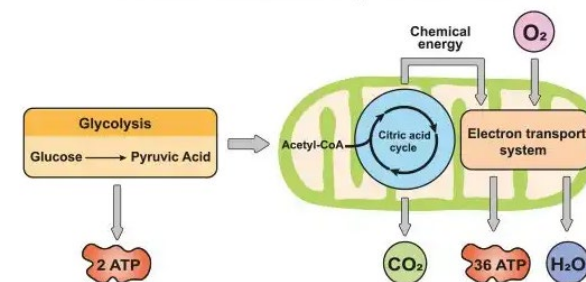
**Year 10**



**Component 3: Practical Performance Assessment**

**Component 4: Personal Exercise Programme**

**Component 1: Aerobic & Anaerobic Respiration**



**Component 1: Components of Fitness and Training Methods**

## GCSE Physical Education

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- 10% of the grade is from coursework

**Year 11**

**Component 2: Health, Fitness and Wellbeing**



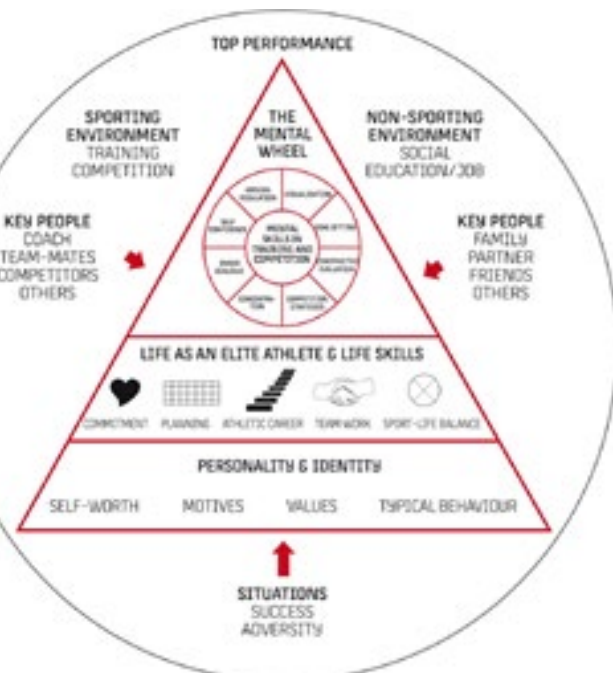
**GCSE Exams**



**Sixth Form**



**Workplace**



**Component 2: Sports Psychology**

**Component 2: Socio-Cultural Influences**



# A Level Physical Education



**Topic 1:**  
Applied Anatomy & Physiology

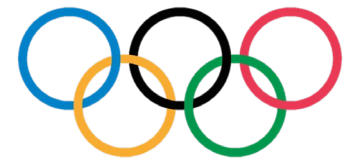
**Topic 2:**  
Exercise Physiology and Applied Movement Analysis



**Topic 3:**  
Skill Acquisition

**Year 12**

- Component 1 is 40% of the grade
- Component 2 is 30% of the grade
- Component 3 is the practical element and worth 15% of the grade
- Component 4 is a Practical Development Programme and worth 15% of the grade



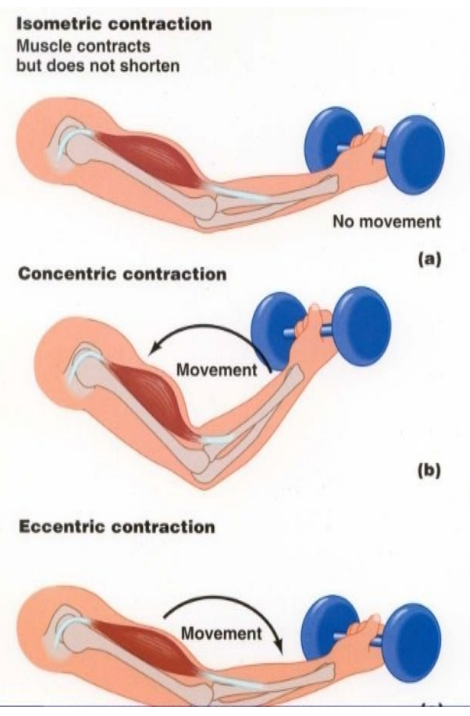
**Topic 5:**  
Sport and Society - Globalisation and Commercialisation

**Topic 5:**  
Sport and Society - Emergence of Modern Day Sport



**Year 13**

**Topic 1:**  
Applied Anatomy & Physiology

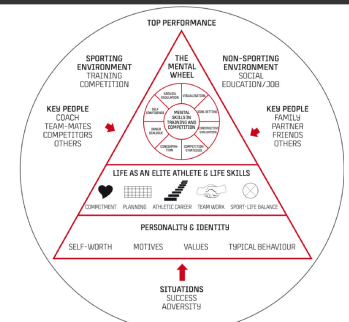


**Topic 2:**  
Exercise Physiology and Applied Movement Analysis

**Topic 5:**  
Sport and Society - Globalisation and Commercialisation


**Topic 3:**  
Skill Acquisition

**Topic 4:**  
Psychology of Sport




# BTEC Extended Diploma in Sport

 Coursework Based

 Exam Based



 **Unit 1:**  
Anatomy & Physiology



**Unit 2:**  
Fitness Training & Programming  
Health, Sport & Well-being



**Unit 4:**  
Sports Leadership



**Unit 7:**  
Practical Sports Performance

**Year 12**



University Visits/Talks  
For Example; St Mary's,  
Twickenham



**Unit 1 or Unit 2**  
Resits



**Unit 9:**  
Research Methods  
in Sport



**Unit 8:**  
Coaching for  
Performance



**Year 13**



**Unit 19:**  
Development and  
Provision of Sport  
and Physical  
Activity



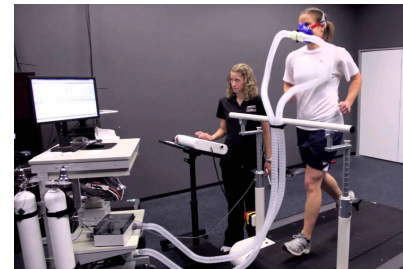
**Unit 3:**  
Professional  
Development in the  
Sports Industry



**Unit 22:**  
Investigating  
Business in Sport  
and the Active  
Leisure Industry



**Unit 5:**  
Application of  
Fitness Testing



**Unit 23:**  
Skill Acquisition  
in Sport



**Unit 19 or Unit 22**  
Resits



University



Workplace



**Unit 6:**  
Sports Psychology



**Unit 17:**  
Sports Injury  
Management



**Unit 24:**  
Sport Performance  
Analysis

