



physical fitness teamwork education learning life

teaching football sweat zumba win succeed training learn orienteering sport kick focus cheerleading defend passion table tennis commitment serve

basketball cricket enthusiasm jujitsu friendship badminton stronger health archery rounders fast athletics

gymnastics drive volleyball netball lacrosse hardwork tennis motivation history hockey rounders

psychological attack balance faster lacrosse hardwork tennis motivation history hockey rounders

golf



# ISCA

## Physical Education



SPORT FOR LIFE

# Examination courses we offer in PE

## Why sit an exam in PE?

You may have really enjoyed your Physical Education lessons in Years 7,8 and 9 and have thought that it would be a good idea to continue with it in Years 10 and 11. All students at ISCA will still have 2 hours of PE a week where they will be physically educated. GCSE pupils will have an extra one hour a week practical twilight where they will be working towards gaining a full GCSE in PE. GCSE PE can lead you to a wealth of jobs, for example: a physiotherapist, a sports coach, a sports journalist, a PE teacher and a lot more.

If this is not for you then there is Sports Leaders, which gives you a Youth Sports Trust level 2 qualification in Sports Leadership. Or Entry Level PE that gives you the chance to be active, enjoy sports and get a base level qualification in PE.

PE provides you with a skill set that would be an asset to a number of jobs. These qualities include: Communication skills, Teamwork, Organisation, Confidence and Leadership. If you are thinking of going to University to follow a Science or a Sports based course then the above attributes and the theory side of GCSE PE will really help you along your way.



## What GCSE PE involves...

### Course Details

#### Unit 1 : The theory of Physical Education

- 1.1: Healthy, active lifestyles
- 1.2: Your healthy, active body.

#### Unit 2 : Performance in Physical Education

- 2.1: Practical performances either player/participant, official or leader.
- 2.2: Analysis of performance in a selected physical activity.

### Assessment structure

#### Unit 1 : The theory of Physical Education (40%)

Written Exam: 1 hour 30 minutes.  
(Multiple-choice, short/longer-answer questions & 2 essay questions)

#### Unit 2 : Performance in Physical Education (60%)

- 2.1: Practical performances in 4 different sports in the role of either player/participant, official or leader. Graded out of 10 for each (48% of final grade)
- 2.2: Analysis of performance in a selected physical activity. This is a Controlled Assessment of 4 verbally graded answers to questions and a written Personal Exercise Plan (PEP) marked out of 4 marks for each equally 20 marks in total (12% of final grade).

## What Sports Leaders involves...

### Course Details

The Level 2 Award in Sports Leadership will give learners the chance to develop their organisation, motivation and communication skills and how to use leadership skills in a variety of settings.

### Units –

1. Plan, lead & evaluate a sport/activity.
2. Developing leadership skills.
3. Lead activities that promote a healthy lifestyle.
4. Making activity sessions inclusive.
5. Positive role models in sport.
6. Organise & deliver a sports event/competition.
7. Pathways in sport and recreation.
8. Using leadership skills.

### Assessment structure

Level 2 Award in Sports Leadership receives 23 CVA points on completion of the qualification. In comparison a half a B grade at GCSE receives 23 CVA points.

Candidates are assessed over 8 units which are evenly weighted; including 10 hours of practical leading.

### Assessment methods:

- Observation
- Questioning of underpinning knowledge – verbal or written.
- Peer assessment & participant feedback
- Notes or planning work completed
- Performance of set tasks
- Simulation
- Video/Photographic evidence
- Witness statements



## What Entry Level PE involves...

### Course Details

The aims of the Entry Level Certificate in Physical Education are to enable candidates to build on early experiences at KS2 and KS3 in order to further develop and apply their knowledge, skills and understanding of physical education through a range of practical activities. Candidates are required to select 4 activities and will be required to perform them effectively, using tactics or compositional techniques as necessary.

### Assessment structure

#### Practical Performances: 83.3%(30 marks)

Candidates are assessed in 4 practical activities. Each activity is marked out of a total of 30 marks.

#### Analysing Performance: 16.7% (6 marks)

Candidates are verbally assessed in their analysis of performance.

The overall mark for practical performance (max 30) is added to the mark for Analysing Performance (max 6) to give the overall mark for the qualification (max 36).