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Believing in myself and ensuring social belonging

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Learning to learn, lead and developing growth mindset

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Making healthy active lifestyle choices and developing lifelong leadership skills

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Building mental health and managing pressure

Wellbeing

-

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

-

Training and providing opportunities

To enrich, extend and enable all

7

Believing in myself and ensuring social belonging

Developing the following life-skills:

- Communication; Active listening and Speaking
- Collaboration/Team work
- Empathy
- Self-Management
- Self-Motivation
- Resilience
- Evaluation
- Responsibility

Using intellectual and physical challenges **THROUGH** the following modified team and individual activities:

Hockey, Gymnastics, Dance, Netball, Athletics, Tennis, Cross Country, Football, Rounders and Cricket.

Wellbeing

-

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

-

Training and providing opportunities

To enrich, extend and enable all

Reward and Recognition

- LGGS Extra-Curricular Attendance Award
- PE Star Award
- LGGS Merit Card

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Learning to learn, lead and developing growth mindset

Developing the following life-skills:

- Communication; Active listening and Speaking
- Collaboration/Team work
- Empathy
- Self-Management
- Self-Motivation
- Resilience and growth mindset
- Evaluation
- Innovation
- Responsibility

Using intellectual and physical challenges **THROUGH** the following activities:

Hockey, Gymnastics, Dance, Netball, Athletics, Tennis, Cross Country, Tag-Rugby, Rounders and Cricket.

Wellbeing

-

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

-

Training and providing opportunities

To enrich, extend and enable all

Reward and Recognition

- LGGS Extra-Curricular Attendance Award
- PE Star Award
- LGGS Merit Card

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Building aspirations and developing resilience

Developing the following life-skills:

- Communication; Active listening and Speaking
- Collaboration/Team work
- Empathy
- Self-Management
- Self-Motivation
- Resilience
- Evaluation
- Innovation
- Responsibility
- Motivating and influencing others

Using intellectual and physical challenges **THROUGH** the following individual and team activities:

Hockey, Gymnastics, Dance, Netball, Athletics, Tennis, Benchball, Football, Lacrosse, Fitness, Problem-solving, Table Tennis, Badminton, Dodgeball, Orienteering, Cross Country, Tag-Rugby, Rounders and Cricket.

Wellbeing

-

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

-

Training and providing opportunities

To enrich, extend and enable all

Reward and Recognition

- LGGS Extra-Curricular Attendance Award
- PE Star Award
- LGGS Merit Card

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Making healthy active lifestyle choices and developing lifelong leadership skills

Developing the following life-skills:

- Communication; Active listening and Speaking
- Collaboration/Team work
- Empathy
- Self-Management
- Self-Motivation
- Resilience
- Evaluation
- Innovation
- Responsibility
- Motivating and influencing others

Using intellectual and physical challenges **THROUGH** a wide range of both individual and team activities, both indoors in the gym/fitness suite or outdoors.

Developing confident, healthy leaders through the Level 1 Sports Leadership Qualification by establishing leadership skills, planning, delivering and evaluating.

Wellbeing

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

Training and providing opportunities

To enrich, extend and enable all

Reward and Recognition

- LGGS Extra-Curricular Attendance Award
- Level 1 Qualification in Sports Leadership (Sports Leaders UK)
- PE Star Award
- LGGS KS4 Leadership Award

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Building mental health and managing pressure

Developing life, leadership and employability skills using intellectual and physical challenges **THROUGH** a wide range of both individual and team activities, to create well-rounded, resilient individuals who are ready to face the wider world.

Utilising curriculum time to benefit from physical activity and sport to improve mental, physical and social wellbeing.

Wellbeing

-

Participating in clubs and engaging in competition

To enrich, extend and enable all

Leadership and Volunteering

-

Training and providing opportunities

To enrich, extend and enable all

Reward and Recognition

- LGGS Extra-Curricular Attendance Award
- PE Star Award
- LGGS KS4 Leadership Award

GCSE

Physical Education AQA: 8582

This dynamic theoretical and practical course builds on student's experiences from Key Stage 3.

The modern specification is designed to open students' eyes to the amazing world of sport by delving into a vast range of topics from Anatomy and Physiology to Sports Psychology and Technology; alongside the chance to perform at a competitive level. The combination of the physical performance and academic challenge provides an exciting opportunity to learn in a variety of challenging and engaging learning environments. The diverse nature of this subject means that it complements many subjects and is a great compliment to the science subjects at GCSE, although it also combines with a wide range of other subjects too. The new and contemporary topics will help students of all abilities to develop a well-rounded skill set and prepare them for progression to further studies.

The qualification aims to:

- equip students with essential life-skills and knowledge required for further education or the world of work
- offer students the opportunity to experience and develop an interest in a variety of different sports
- develop an appreciation of social, moral and cultural issues which affect participation and performance in physical activity
- improve the skills necessary to analyse, evaluate and improve performance
- develop an understanding of the factors influencing performance and participation in sport

Future Pathways and Careers:

Sport and fitness is a huge industry and you can be part of it. If you're keen on sport you can make a living from your passion. PE opens up a whole number of career options including: Sport Scientist, Teacher, Event Organiser, Armed Forces, Physiotherapist, Medicine, Nutritionist, Psychologist, Sports Design, Sports Management, Sports Therapy, Sports Marketing, Journalist, Photographer and more..

Specification Outline

Paper 1:

The human body and movement in physical activity and sport

Assessment:

Written exam: 1 hr 15 min
78 marks
30% of GCSE

Topics:

Applied anatomy and physiology
Movement analysis
Physical training
Use of data

Paper 2:

Socio-cultural influences and well-being in physical activity and sport

Assessment:

Written exam: 1 hr 15 min
78 marks
30% of GCSE

Topics:

Sports psychology
Socio-cultural influences
Health, fitness and well-being
Use of data

Non-exam assessment:

Practical performance in physical activity and sport.

- 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).
- Analysis and evaluation of performance to bring about improvement in one activity.

Assessment:

- Assessed by teachers and Moderated by AQA
- 100 marks
- 40% of GCSE

This dynamic theoretical and practical course builds on student's experiences from Key Stage 4.

The modern specification encourages students to immerse themselves in the world of sport; delving into a vast range of topics from Anatomy and Physiology to Sports Psychology and Technology; alongside the chance to perform or coach a sport at a competitive level. The diverse nature of this subject means that it complements many subjects and is highly attractive to potential employers and universities. It demonstrates knowledge in an array of sport-related disciplines and the nature of the work develops observation and analytical skills which are highly sought in future employment or study. In previous years students have studied PE alongside Biology and Psychology, enjoying the similarities and differences between them, although it has also been combined with a wide range of other subjects.

The qualification aims to:

- equip students with essential life-skills and knowledge required for further education or the world of work
- offer students the opportunity to experience and develop an interest in a variety of different sports
- develop an appreciation of social, moral and cultural issues which affect participation and performance in physical activity
- improve the skills necessary to analyse, evaluate and improve performance
- develop an understanding of the factors influencing performance and participation in sport

'PE A-Level gave me an understanding of some of the body systems and physiological mechanisms which underlie the basics of Medicine. The course also helped me during my intercalated Honours degree in Sports Science Medicine, which is a topic I am very interested in and find extremely relevant whilst playing sport.' Kirsty, Qualified Doctor

Specification Outline

Paper 1:

Factors affecting participation in physical activity and sport.

Assessment:

Written exam: 2 hrs
105 marks
35% of GCSE

Topics:

Applied anatomy and physiology
Skill acquisition
Sport and society

Paper 2:

Factors affecting optimal performance in physical activity and sport.

Assessment:

Written exam: 2 hrs
105 marks
35% of GCSE

Topics:

Exercise physiology and biomechanics
Sport psychology
Sport and society and technology in sport

Non-exam assessment:

Practical performance in physical activity and sport.

- Students assessed as a performer or a coach in the full sided version of one activity
- Written analysis of performance

Assessment:

- Assessed by teachers and Moderated by AQA
- 90 marks
- 30% of GCSE