

# CORE /BTEC : Physical Education

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## Course Description

This course is designed to build on the skills and knowledge learned at KS3. It provides students with exciting opportunities to lead an active, healthy lifestyle by choosing from a range of roles and sporting activities in which to participate in. Physical Education enables students to enjoy and understand the benefits of living a healthy lifestyle, to provide routes into further study such as BTEC Level 3 in Sport, as well as other possible career opportunities. Students will have the opportunity to do a BTEC accredited course or core PE. Students will study the anatomy & physiology of a performer ; including developing understanding of psychological aspects of sport. Students will participate in at least two different sports where they will demonstrate skills, techniques and tactics as well as act as official; to complement this they will study the rules of 2 sports, write reports on tactics and perform observation analysis on 2 different performers. Healthy lifestyles will also be a major focus of the course and students will perform fitness tests, compare their levels to elite athletes and explore theory behind keeping fit and healthy.

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## Examination Information

**Core PE :** No formal assessment

**BTEC PE :** 75% of the course is assessed via coursework evidence.

**Exam:** 25%

This course leads to an  
**Edexcel Level 2 BTEC Certificate in  
'Sport'**



### Skills

Independent learning and Research Skills  
A variety of roles ; player/performer , coach , official  
Critical Thinking  
Understanding of a healthy lifestyle life long involvement in sporting activity.

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## Teaching & Learning

All students studying BTEC will receive one theory lesson and one practical lesson each week.; core PE will receive 2 practical lessons. In theory lessons, students will learn about how to lead a healthy lifestyle and will participate in a range of learning activities; receive regular homework and participate in regular formal and informal testing. During practical lessons, students will learn and build upon skills learned at Key Stage 3 in two sporting activities.

Students will be assessed in two different sporting activities and should enjoy and be capable of participating in at least 2 different sporting activities. Students should enjoy coursework but be aware there is an exam element to this course. Pupils will complete a series of tasks that build up to eight different units. Each task will have a different method of presentation but will primarily be written/typed work.

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## Progression to Further Education

All pupils will follow a course in Physical Education. The BTEC course leads directly into BTEC Sport: Level 3 and other sport related courses.



For further information please see

**Mr Langstaff**  
(Subject Leader : Physical Education)

### Careers

Physiotherapy and Sports Science

Physical Education Teaching

Sports Studies

Professional Coaching careers