



What will I study?

In Year 9 and 10, students study the following theory topics in 6 discrete areas across 2 papers:

Paper 1 (30% 1 hr 15 mins)

- Applied anatomy and physiology
- Movement analysis
- Physical training

Paper 2 (30% 1 hr 15 mins)

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

Non-exam assessment (40%)

- Internal assessment, external moderation

Practical assessment is based upon three of the following (one individual, one team and one other). At St Wilfrid's we will study Table Tennis, Badminton, Handball and Basketball. Assessments can occur in others if video evidence is supplied.

Team activities / Individual activities:

Amateur Boxing; Association Football; Athletics; Badminton; Basketball; Camogie; Canoeing; Cricket; Cycling; Dance; Diving; Equestrian; Gaelic Football; Handball; Hockey; Golf; Gymnastics; Hurling; Kayaking; Lacrosse; Netball; Rock Climbing; Rowing; Rugby League; Rugby Union; Sculling; Skiing; Snowboarding; Squash; Swimming; Table Tennis; Tennis; Trampolining; Volleyball.

How will I be assessed?

Written Examination 30%

Written Examination 30%

Non-Exam Assessment 40%

What might this subject lead you on to after leaving school?

- Degree in Sport or PE
- This subject could also lead to careers such as: Teaching, Physiotherapy, and Sports Coaching and Development



What will I study?

You will develop knowledge and understanding of factors that affect performance, participation, and health and fitness.

You will perform a range of sporting activities over the course, which contribute to a coursework mark. During the sessions you take on different roles such as player, coach, choreographer and official. Candidates also study theory lessons which cover a range of issues such as health, physiology, and social and cultural issues.

How will I be assessed?



Controlled Assessments

There will be four assessments of a practical nature, but not necessarily just performing. i.e. Taking different roles such as official, coach, choreographer.

What might this subject lead you on to after leaving school?

- Degree in Sport or PE
- This subject could also lead to careers such as: Teaching, Physiotherapy, and Sports Coaching and Development

Pupils may opt for either:

BTEC Level 2 Sport **or** GCSE Single Award