



## PHYSICAL EDUCATION

AWARDING BODY: OCR

QUALIFICATION: GCSE

AVAILABLE: ALL STUDENTS

### COURSE OUTLINE

- To extend the performance quality in a range of sporting activities.
- To promote and encourage a healthy active-lifestyle.
- To provide regular opportunities for physical activity.
- To develop confidence and self-esteem.

Over the course of the programme pupils participate in activities selected from the following National Curriculum areas: Athletics, Fitness, Gymnastics, Badminton, Table Tennis, Basketball, Cricket, Outdoor Education, Aerobics, Trampolining,, Volleyball, Dance, Netball, and Football

### Course Requirements:

- Beal High School PE Kit – purchased from Lucilla’s (Ilford)
- Beal Tracksuit
- Polo T-Shirt (grey)
- Beal Logo T-shirt (white) – Boys
- Black shorts – Boys
- Rugby shirt – optional, recommended for outdoor wear (gum shield) – Boys
- Football boots, socks and shin-pads – Boys
- Other optional items include dance trousers (3/4 length) and lightweight rain jacket.



## ASSESSMENT METHOD

Assessment is carried out in all activities. This assessment will be linked to practical performance and knowledge of the activity in accordance with the National Curriculum guidelines.

This is a purely practical course. Some activities may use external agencies within the locality and may require a parental contribution to the cost.

## SKILLS ACQUIRED

- To develop skills and understanding relevant to selected areas.
- To develop the ability to lead groups and officiate games.
- To develop activity specific language.
- To enhance communication and evaluation skills.
- To develop team-work skills.
- To be able to apply skills in game-based situations.