GCSE PE & BTEC SPORT

GCSE PE

60 % Theory with two exam papers at the end of Year 11

30 % Practical performance in three sports

10% Written coursework

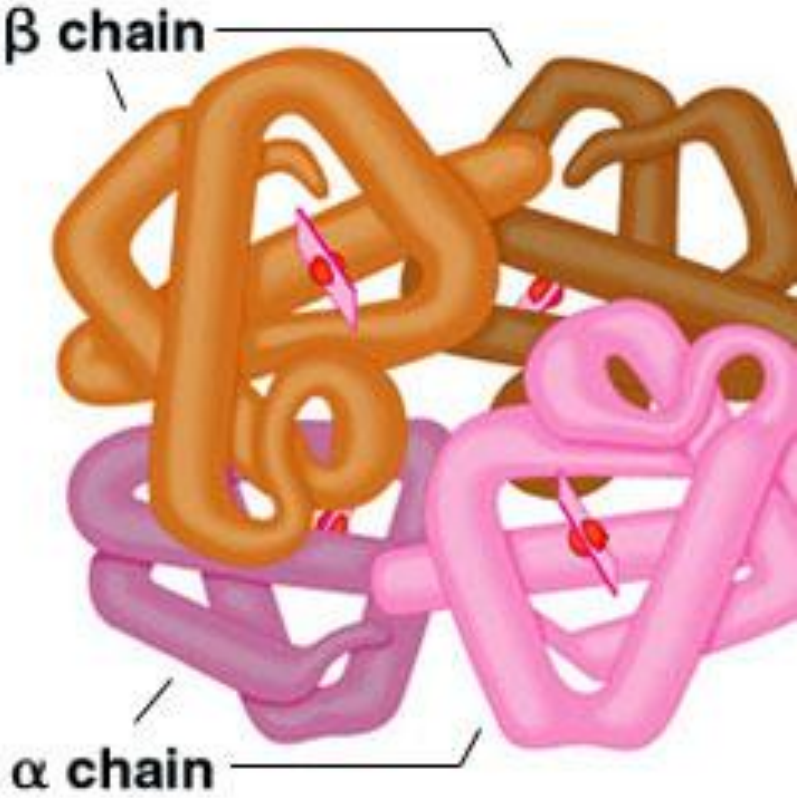
You will have at least one theory and one practical lesson each week

GCSE PE Theory

- **ANATOMY & PHYSIOLOGY – Muscles, skeleton, cardiovascular & respiratory system, effects of exercise on the body**
- **MOVEMENT ANALYSIS – Levers and Planes / axes**
- **PHYSICAL TRAINING – Components of fitness, fitness testing, training methods, types of injuries, performance enhancing drugs**
- **HEALTH, FITNESS & WELLBEING – physical & mental health, energy, diet**
- **SPORT PSYCHOLOGY – types of skill, practice, guidance, goal setting**
- **SOCIO CULTURAL – Commercialisation, sponsorship, violence & cheating**

Delivering oxygen and nutrients

- The key function of the CV system is to supply **oxygen** and **nutrients** to the tissues - via the bloodstream. During exercise, we need more **O2** and **nutrients**.
- However, when the CV system can **no longer meet demands fatigue** will occur. Aerobic performance will deteriorate.
- Oxygen is transported primarily in **red blood cells** attached to **haemoglobin**

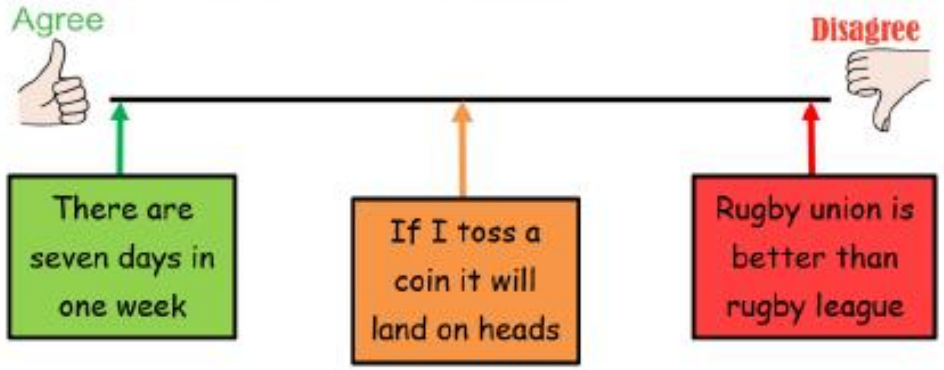


[(3190) Oxygen transport presentation - YouTube]

Naming the Muscles

- Look at the picture of the muscular system
- What muscles can you already name and locate?

- We can put information on the continuum!



We need to know four continua (continua = more than 1 continuum)

Open ——— Closed

Basic ——— Complex

Self-Paced ——— Externally Paced

Gross ——— Fine

	Open Skills	Closed Skills
Description	Open skills **ARE** affected by their surrounding environment. Extreme open skills need to be constantly adapted by the performer as situations change around them. Conditions are unstable and **UNLIKELY** to be the same each time a skill is performed	Closed skills are **NOT** affected by their surrounding environment. Extreme closed skills don't need to be constantly adapted by the performer as situations around them are stable. Conditions are **LIKELY** to be the same each time a skill is performed
Example of the skills		

	Self-Paced Skills	Externally Paced Skills
Description	The skill is started when the performer decides to The performer controls the speed, rate and pace of the skill	The skill is started by an external factor External factors such as an opponent control the speed, rate or pace of the skill
Example of the skills	 Tennis Serve Weight Lifting	 Penalty Save Tennis Return

	Gross Skills	Fine Skills
Description	Skills are big, strong, powerful movements They involve large muscle groups to perform	Skills are small and precise movements, showing high levels of accuracy and coordination They involve small muscle groups
Example of the skills		

	Basic Skills	Complex Skills
Description	Don't need much information to be processed Requires little decision making	Require a lot of information to be processed Requires a lot of decision making
Example of the skills	 Running Swimming	 Rock Climbing Overhead Kick

GCSE PE Practical

- **Three Sports each worth 10%**
- **One Team sport, One Individual sport, One Free choice**
- **Mark out of 10 for skills in isolation / Mark out of 25 for effective performance in competition**
- **You will have three years to improve in your sports!**

Team Activities

Football
Badminton*
Basketball
Cricket
Handball
Hockey
Netball
Rugby League
Rugby Union
Squash*
Table Tennis*
Tennis*
Volleyball

Individual Activities

Amateur Boxing
Athletics – Field events
Athletics – Track events
Cross-country running (*as part of Athletics – Track Events)*
Diving
Golf
Skiing
Squash*
Snowboarding
Swimming
Table Tennis*
Tennis*
Trampolining


11:20
HOME
GUEST

GCSE PE Personal Exercise Programme (PEP)

- **A piece of coursework worth 10%**
- **Related to fitness and performance – what areas of fitness could you improve upon to help you in one of your sports?**
- **Plan, carry out and evaluate a training programme over 6 weeks (can make use of the school gym)**

Performance Analysis

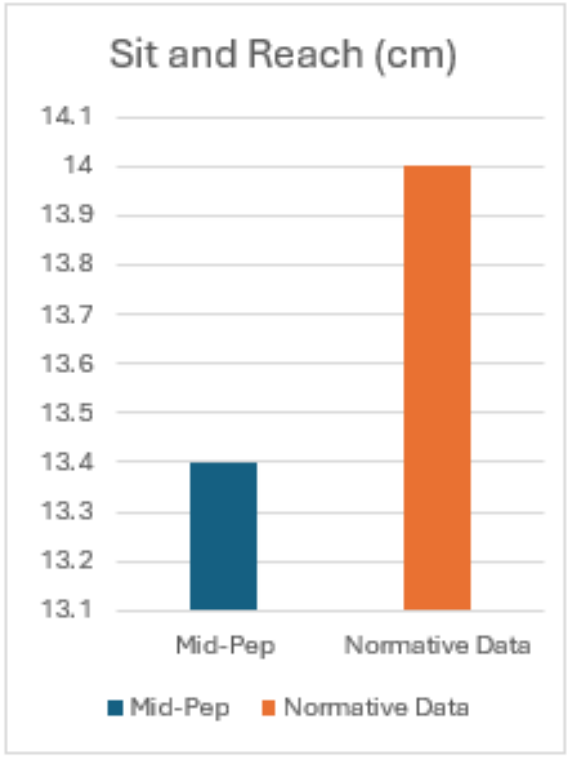
Triple Jump Results:

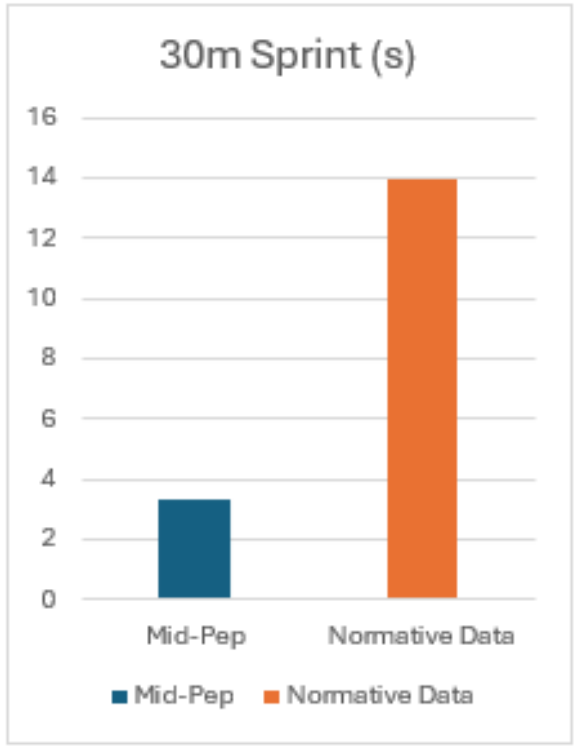
Pre-Pep	12.82m	12.96m	13.05m
Post-Pep	13.21m	13.19m	13.47m
Elite Performer	13.44m	13.63m	13.96m

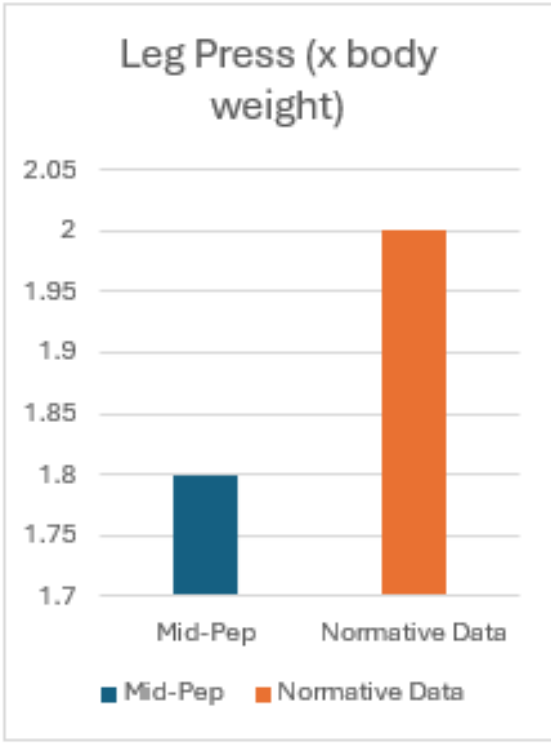
It is evident that evident that there is an improvement of my performance as I have been able to improve my Pb by 0.32m. This surpasses my expectation as I hoping to only match my Pb. Plyometric has allowed for more efficient use of twitch IIx fibres which allowed me to produce more force at a higher rate, leading to a longer distance. Additionally, while jumping, each of the phases have improved because I was able to get more height while jumping. The higher height did not affect the pain inflicted caused by the isometric force as my increased bone density helped to battle that problem. This also improved rate of full recovery from 4 days to 3 days (on avg.)

In addition to my weekly sprint session, plyometric training also added to my speed

Test	Pre-Pep	Mid-Pep	Normative Data
30m Sprint	3.40s	3.36s	<4s
Leg Press	1.6x body weight	1.8x body weight	>2.09x body weight
Sit and Reach	13.1cm	13.5cm	>14cm

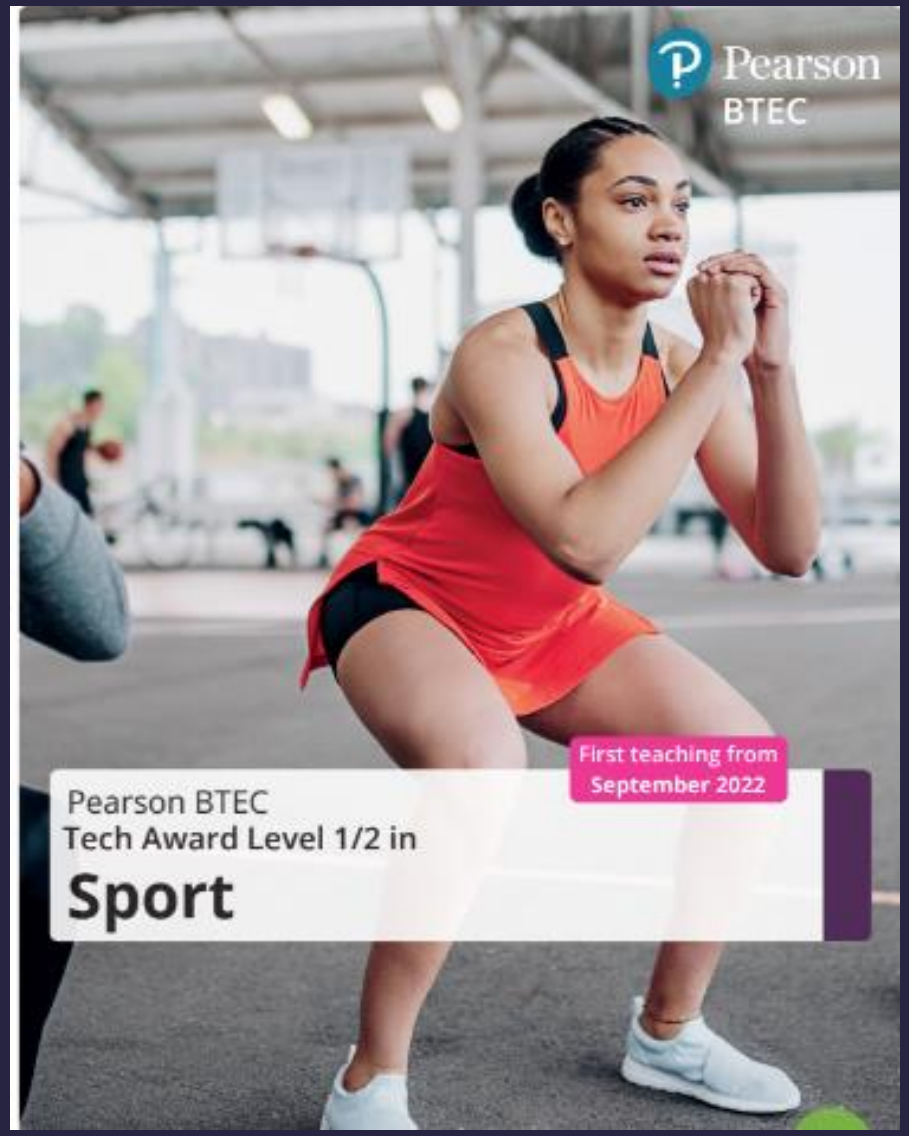






BTEC SPORT LEVEL 1/2 SPORT TECHICAL AWARD (2022)

- Three components (units) across the course.
- 2 internally assessed (coursework) and 1 exam.
- Graded on a seven grade scale from Level 2 Distinction* to Level 1 Pass.
- Internal assessment components to use Pearson Set Assignments.
- External assessment to be the final component of the course.



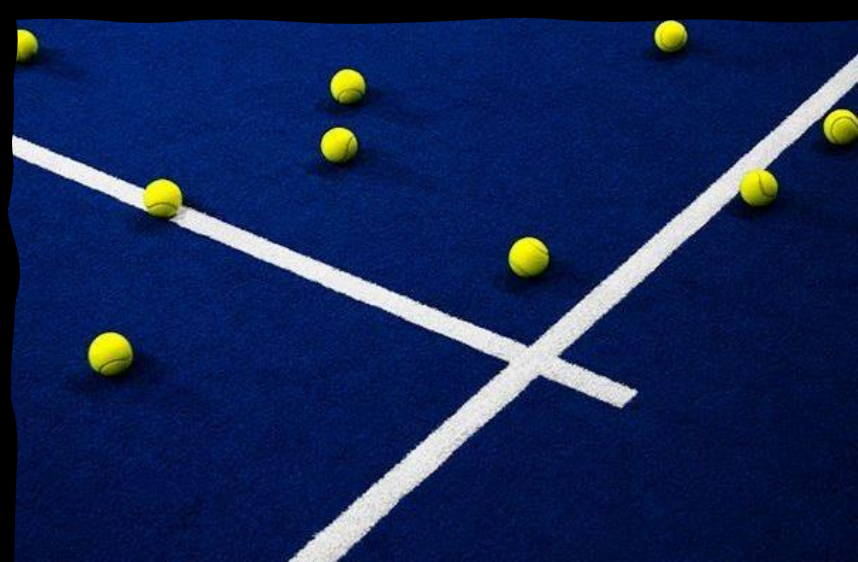
COMPONENT 1 - PREPARING PARTICIPANTS TO TAKE PART IN SPORT AND PHYSICAL ACTIVITY

Internally assessed 30%

- **Learning outcomes:**
  - Explore types and provision of sport and physical activity for different types of participant
  - Examine equipment and technology required for participants to use when taking part in sport and physical activity
  - Be able to prepare participants to take part in sport and physical activity.

Equipment

- The essential equipment that is recommended for darnel at his skill level is a tennis racket and tennis balls. Tennis rackets are designed to provide with a hitting surface to strike a tennis ball with a combination of power, control, and comfort. These rackets are usually made from materials like carbon fiber (graphite), fiberglass, and sometimes titanium and Kevlar. These are made of these materials for light weight strength, stiffness, power control and comfort. Lighter rackets make it a lot easier, and less risk of joints and arms being injured and making play less fatiguing and injury risk. Equipment that encourages regular, sustained physical activity. Comfortable gear helps contain consistency, which is vital for managing health risks like diabetes.
- I also recommend purchasing a decent amount of tennis balls as Darnell can use for training and incase, he loses them. These tennis balls are designed toe provide a consistent bounce and flight for the sport of tennis. These are primarily made of hallow rubber core or wool felt exterior. Using equipment like larger, lower-compression balls on playing on a smaller court making hitting the ball easier leading to more successful rallies and quicker skill development. This immediate success builds self-esteem and enjoyment which may help with darnells lack of confidence.



Technology

- **There is a lot of technology in golf including data-driven tools like launch monitors and swing analysers, wearable devices, GPS systems, and virtual/augmented reality for training and performance enhancement.**
- **GPS Devices and Apps: These provide accurate yardage to the hole and can help Darnell manage course strategy through features such as virtual caddies and shot tracking.**
- **Darnell could invest in a range finder which is a laser or GPS device that provide precise distances to the flag, hazards, or other targets on the course. This would benefit him because he would be able to have an idea of what golf club to use and would improve his course management.**
- **Darnell could also train with augmented reality where he can create immersive practice environments with stimulated breaks and games. This would massively increase his performance on the course and his game iq.**

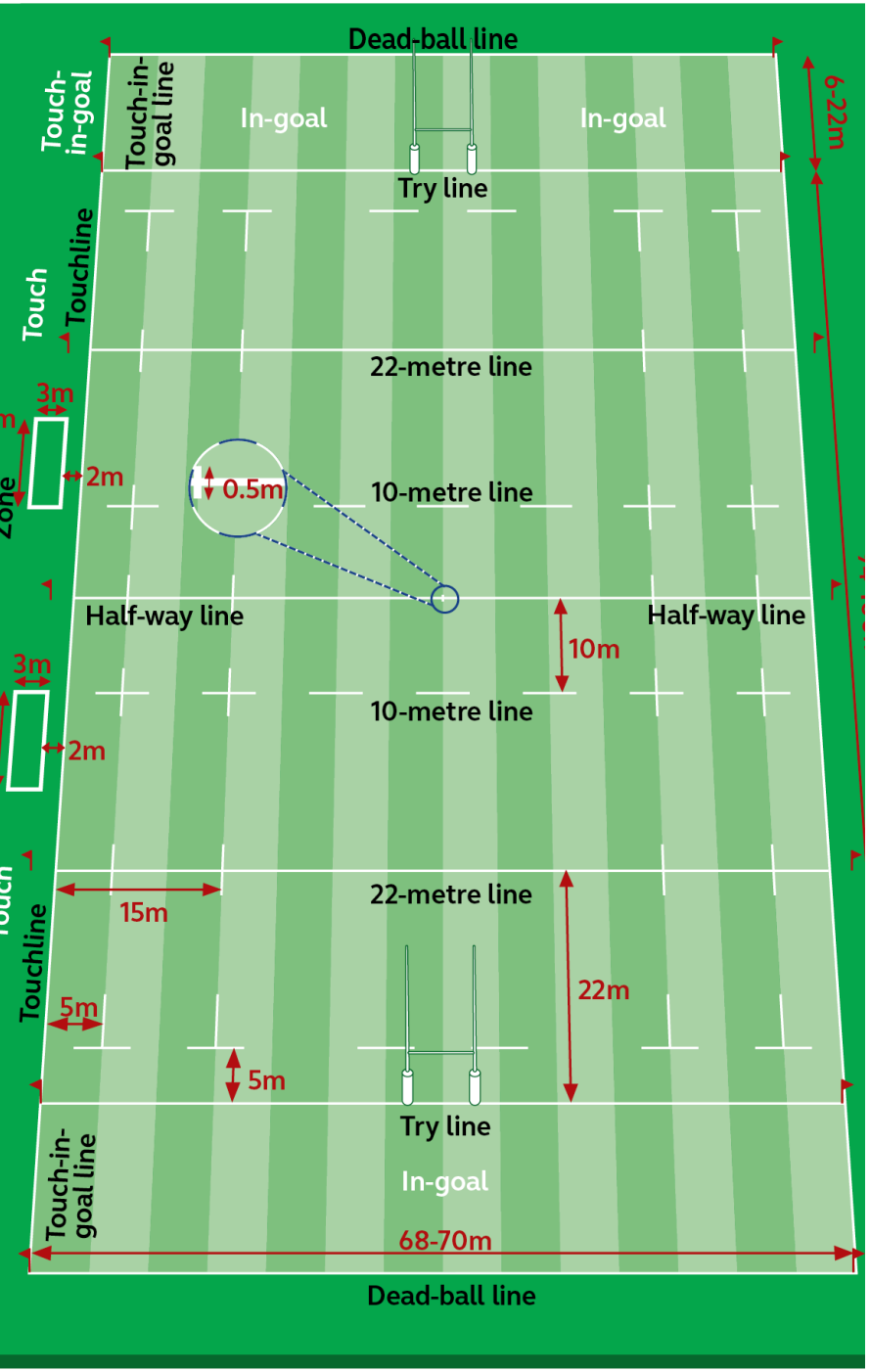
COMPONENT 2 - TAKING PART AND IMPROVING OTHER PARTICIPANTS SPORTING PERFORMANCE

Internally assessed 30%

- **Learning outcomes**
  - Understand how different components of fitness are used in different physical activities
  - Be able to participate in sport and understand the roles and responsibilities of officials
  - Demonstrate ways to improve participants sporting techniques

Roles and responsibility for referees in football

- Football referees enforce the law of the game by acting as the final authority on the pitch, utilizing whistles, cards (yellow and red), and hand signs to mange the play. Referees stay close to play, anticipating incidents, and using a firm, loud whistle helps prevent situations from escalating. The referees are helped with the VAR to let them know if they made incorrect calls. Referees have stopwatches often tracking two separate, simultaneous, or cumulative times, and can pause it for significant interruptions.



WHAT ARE THE RULES & REGULATIONS OF PLAYING AREA IN RUGBY?

- Rugby is played on a 70/100-meter pitch with a 4 main different lines on each half
- Dead ball line: this marks the end of the pitch on each end you can't go past this line or else you are in touch.
- Try line: this is in line with the posts, you must put the ball down between the try line and dead ball line for it to be a try.
- 22-meter line: this is halfway between the try line and halfway line, you can catch the ball behind this line from an opposition kick and call a mark for a free kick.
- Halfway line: this is in the middle of the pitch it separates the two teams during play and kick offs are taken from here.
- Touch lines: these run horizontally along the pitch, if the ball goes out of these lines the ball is in touch and the teams will preform a line out to try win the ball back.
- Goal posts: goal posts are H-shaped, positioned in the centre of each goal line, with uprights exactly 5.6 meters apart. The crossbar's top edge must be 3.0 meters high, with minimum post heights of 3.4 meters. Padding is usually used on the bottom of the posts to protect players.

COMPONENT 3 – FITNESS FOR SPORT AND EXERCISE

External Exam
40%

Demonstrate knowledge and understanding of the following:

- Physical components of fitness,
- Skill components of fitness,
- Fitness testing,
- Training methods,
- Principles of training
- Explain how the above will work together to improve performance, participation and enjoyment in sport and physical activity

Qualification grading and performance table points

How do the BTEC Tech Awards match up to the 2019 Performance table points?

Level	Qualification Grade	2019 Performance table points (based on 2018)
Level 2	Distinction*	8.5
	Distinction	7
	Merit	5.5
	Pass	4
Level1	Distinction	3
	Merit	2
	Pass	1.25