

VCERT FINAL GRADE



Year 11

Exam Revision

Controlled Assessment

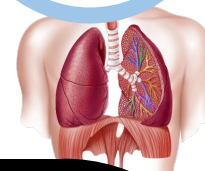
In the final two terms of Year 11, students will complete their official Controlled Assessment and will also sit their Theory Exam that makes up 40% of their final grade. Students will take part in a full Revision Unit leading up to this exam.

Revision Unit for Exam

Mock Synoptic Project

Synoptic Project

At the start of Year 11, students will compete a mock/practice of their Synoptic Project which makes up 60% of their overall grade. This is to prepare students for their real one that they will complete towards the end of Year 11. Students will have one theory and one practical lesson a week.



Training Methods

Fitness Components

Cardiovascular System

Throughout Year 10, students will begin their V-CERT PE journey by exploring the subjects shown; Skeletal, Muscular, Respiratory and Cardiovascular Systems as well as the different components of fitness. The content will make up their Theory exam that they will sit at the end of Year 11.

Year 10

Skeletal System

Muscular System

Respiratory System



Your V-CERT Physical Education Journey Starts here...

Our PE Values & Expectations:

- **Resilience** - Being able to identify weaknesses and work to improve them.
- **Sportsmanship** - fair and generous behaviour or treatment of others.
- **Teamwork** - be able to listen to ideas and contribute to tasks.
- **Equality** - Breaking down stereotypes in sport and treating everyone equally.



Kit Expectations:

Year 10 & 11

- WCHS Polo shirt
- WCHS Shorts, Skort or WCHS leggings. (no other brands)
- Blue PE socks or Plain white sports ankle socks

Career Opportunities

Physical Education can prepare you for many career. For example:

- Physiotherapy
- Police
- PE Teaching
- Coaching
- Doctor
- Paramedic
- Sports Science
- Personal Trainer
- Fitness Instructor

