



Whitworth Community High School Physical Education Department



Teacher in Charge: Mr Cawley
Teacher: Miss Mcvarish
PE Technician: Miss Bowater

Year 10 & 11 VCERT Learning Overview

Organisation of the classes:

Physical Education is taught twice a week in mixed groups based on the qualification they are selected for. These lessons are split with one theory and one practical lesson although this will be changed to two theory lessons as the final examination approaches.

Key Concepts

The course is designed to enable students to develop a deeper understanding of the benefits of living a healthy and active lifestyle. Students will have the opportunity to develop their sports specific skills whilst practically understanding topics. VCERT PE also provides an opportunity to lead to further education as well as related career opportunities.

What skills do I use in this subject?

- Sports performance
- Tactical and Strategy skills
- Leadership
- Communication
- Analysing
- Evaluating

What will you be learning?

Theory lessons will utilise the knowledge developed in year 7, 8 and 9 to give a deeper understanding of the five topics areas:

- Muscular System
- Skeletal System
- Respiratory System
- Circulatory System
- Health and Fitness

Practical lessons consist of using sports to give a practical demonstration of the theoretical topic thus further developing students' understanding. Students are taught a range of sports and are encouraged to participate in these sports outside of school.

How will you be learning?

- Teacher led activities
- Student led activities
- Peer coaching and evaluation
- Theory tasks
- Presentations
- Independent Learning and Thinking
- Group/ Team/ Individual and Partner work
- Guided Discovery
- Independent Research

How will your learning be assessed?

Students will be assessed in a theory exam and synoptic project in year 11. Students take on one external test and one internal synoptic project that is moderated at the end of year 11.

- 40% Examination (one exam, 1hr 30 mins)
- 60% Synoptic Project (21 hour project in Spring term of year 11)

Home Learning

Students will receive home learning each week to support the work in class. This is done through an online platform called e-revision that allows students to recall knowledge from the previous lesson and apply it. Homework is also recorded on the edu link app in line with the whole school approach.

Equipment needed?

Full Whitworth High School PE Kit as per the diary:

Boys- top, shorts, socks, trainers, boots for outside and optional ¼ zip jacket.

Girls- top, shorts or skirt, socks, trainers, boots for outside and optional ¼ zip top.

Exercise book and correct school equipment as per the diary.

How can your parents support your learning?

Encourage physical activity at a high level within a range of sports. Students should also be encouraged to maintain a good level of fitness throughout the course so they can perform at maximum levels within practical lessons and develop a deeper understanding. Extra curricular activities although not compulsory will allow students to further improve their understanding.

SMSC Links – Focus on Aspirations

Students develop their decision making further analysing the performance of others and themselves. They also develop an understanding of how other cultures view sports and the effects that different cultures can have on participation in sport. Within PE students are also stretched to reach the higher bands of the synoptic project. Students' aspirations of what they can achieve are supported with a deeper understanding of how a PE qualification can help them within their future career.

What extracurricular activities or enrichment opportunities are available?

Please see the Physical Education extra curricular timetable through the PE X (Twitter) page @WCHS_PE. This is updated regularly with information about clubs, competitions and the Duke of Edinburgh award. Students can also find information on the school form powerpoint which form tutors go through every morning.