



Key Stage 4

Year group:	Option Subject NCFE Level 1/2 Technical Award in Health and Fitness	Core PE Focus	Core PE Options
Year 10	<p>Unit 01 Introduction to body systems and principles of training in health and fitness</p> <p>This unit provides students with the underpinning knowledge and understanding required for health and fitness. Students will develop their knowledge and understanding of the structure and function of key body systems. Students will know and understand short-term and long-term effects that health and fitness activities have on the body. Students will know and understand the components of fitness and the principles of training.</p>	<p>Sport Education</p> <p>Students for teams (mixed gender) and adopt various roles within their teams. These roles include; Manager, Captain, Skill Coach, Fitness Coach, Umpire, Statistician, Publicist and Scorer.</p> <p>Teams compete in a vast array of sports and gain points for their performance as well as displaying various other skills linked closely to the KS3 LIFE programme, including sportsmanship, teamwork, organisation etc.</p>	<p>Students will opt into a variety of physical activities. These will change every half term to ensure all students have an access to a wide range of physical activities. The focus for KS4 core PE Options is for students to find a sport or physical activity they will continue to participate in when they leave The Wilnecote School</p>
Year 11	<p>Unit 02 Preparing and planning for health and fitness</p> <p>This unit provides students with the knowledge and understanding to be able to prepare and plan for health and fitness. Students will know and understand the impact of lifestyle on health and fitness and be able to apply health and fitness analyses to set goals. Students will know and understand how to test and develop components of fitness. Students will know and understand how to structure a health and fitness programme and how to prepare safely for health and fitness activities.</p>	<p>Wilnecote Sports Leadership Award</p> <p>Students complete the following units:</p> <ol style="list-style-type: none"> 1. Plan, lead and review a Sport/Activity 2. Develop Leadership Skills 3. Lead activities that promote a healthy lifestyle 4. Fair Play in Sport 5. The roles of the sports official 6. Opportunities in Sport and Recreation 7. Demonstration of Leadership skills in sport <p>Students are also assessed on the following values (again linked to KS3 LIFE programme)</p>	<p>Students will opt into a variety of physical activities. These will change every half term to ensure all students have an access to a wide range of physical activities. The focus for KS4 core PE Options is for students to find a sport or physical activity they will continue to participate in when they leave The Wilnecote School</p>



		Attitude, reliability, enthusiasm, confidence, responsibility, effort, commitment, maturity, initiative, tolerance, respect and self-control.	
Assessment	<p>Unit 01 Externally assessed written examination (40% weighting) Unit 02 Internally assessed synoptic project (60% weighting)</p> <p>Unit grades for both Unit 01 and 02 and overall qualification grades:</p> <p>NYA (Not Yet Achieved), Level 1 Pass, Level 1 Merit, Level 1 Distinction, Level 1 Distinction*, Level 2 Pass, Level 2 Merit, Level 2 Distinction, Level 2 Distinction*</p>	<p>Year 10 – Sport Education Assessment is informal but on-going. Based entirely on the individual team’s performance and application to each lesson.</p> <p>Year 11 – Sports Leadership Award Students are assessed by PE staff in the 7 units. Students will achieve a graded leadership award at the end of the programme based on their assessment throughout (Bronze, Silver, Gold and Platinum Leadership Awards).</p>	No formal assessment in Core PE Options