



Dear Year 9 Student,

Welcome to the **GCSE Physical Education (PE) course!** We are thrilled to have you embark on this exciting journey with us. Over the next two years, you will explore various aspects of physical education, sports science, and healthy living, all while honing your skills and understanding of physical activity.

As you prepare to dive into the course, we want to provide you with some key information about what to expect and how you can best prepare.

The structure of the course is as follows:

Exam board: AQA			
	Unit title	Content	Marks and %
Paper 1	The human body and movement in physical activity and sport	Musculoskeletal system Cardiorespiratory system Aerobic and anaerobic exercise Movement analysis Physical Training	78 marks 30%
Paper 2	Socio-cultural influences and well-being in physical activity and sport	Sports psychology Socio-cultural influences Commercialisation Ethical issues Health and fitness	78 marks 30%
NEA	Non-Examination Assessment	Team sport (10%) Individual sport (10%) Individual or team sport (10%) Analysis and evaluation of performance (10% coursework)	104 marks 40%

We want to prepare you for the structure of our GCSE PE course. While physical activity and practical sessions are integral components of the curriculum, **it's important to note that the majority of the lessons will be classroom-based.**

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Headteacher Mrs Roberta Harrison



These sessions will delve into various theoretical aspects of physical education, including:

- sports science
- anatomy
- physiology
- Sports psychology

Therefore, we expect students to come to class prepared to engage actively in discussions, take notes, and participate in group activities to deepen their understanding of these topics.

To best prepare for the course, **we encourage students to maintain their participation in sports outside of school and to take part in as many extracurricular clubs as possible.** This includes both training and competing opportunities after school. Engaging in extracurricular activities not only promotes physical fitness but also enhances skills and fosters a deeper understanding of the sports being studied in class.

This active involvement will significantly support students during assessment moderation days, as they will demonstrate greater skill and a comprehensive understanding of the sports they are being assessed in. Therefore, we encourage you to embrace these opportunities and immerse yourself fully in the world of physical activity both within and outside the school environment.

We are here to support you every step of the way, so please don't hesitate to reach out if you have any questions or concerns.

Sincerely,

Mr Herbert

Head of PE



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