



A Guide to the Curriculum at Key Stage 4 (Years 10 & 11)

GCSE Physical Education and Dance

KS4 Curriculum

Y10/11 Core lessons

During KS4, all students will follow a Physical Education Curriculum of their choosing. In Year 10, all students have two, one hour lessons weekly. All of the activities studied at KS3 are available to them and, as more mature students, they are able to select their own guided options each term. Within these activities, we also offer a Leadership Course, which lasts for a double term. This is an invaluable module and provides students with an opportunity to develop their communication, timekeeping, confidence, leading and coaching expertise and other life skills. These students then assist our KS1/2 Lead Practitioner from the Chesterfield School Sports Partnership, to help lead the activities that are organised for our feeder school pupils. In Year 11, all students follow the same structure but for an hour per week.

GCSE PE

This course follows on from the Key Stage 3 Physical Education programme of study by providing students with exciting opportunities to lead a healthy and active lifestyle by choosing from a variety of activities. All students will follow a structured curriculum and follow the AQA exam board specification.

The assessment weighting means that 40% of the marks are available for practical work and 60% for theory based work, which is assessed through a formal examination at the end of Year 11.

Theoretical Work

Unit 1: The human body and movement in physical activity and sport

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data

Unit 2: Socio-cultural influences and well-being in physical activity and sport

- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being
- Use of data

Practical Work

Students can be assessed as a player/performer in a variety of activities. These can consist of the activities studied in school such as:

- Football
- Basketball
- Table Tennis
- Badminton
- Athletics
- Netball
- Trampolining

It is also essential that extra work is put into studying sports outside of school, eg - horse riding, skiing, dance, rock climbing, gymnastics etc. Pupils will be guided on which sports can contribute towards their practical assessment and what the expectations for that sport are, as part of their lessons in school.



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Groupings

In GCSE PE, the students are taught in mixed ability and mixed gender classes.

Assessment

Students studying GCSE PE will be provided with ongoing formative assessment feedback regarding their performance. Summative assessments will be completed termly in school. This is to support them in preparing for the 2 exam papers they will need to sit at the end of Year 11, each contributing 30% to their final grade

As part of the 40% practical based work (this includes 10% analysis of performance coursework). Students will select three different practical activities in the role of player/performer (one in a team activity, one in an individual activity and a third in either a team or individual activity).

Literacy/Numeracy Skills

All lessons will cover aspects of literacy and numeracy. This will involve the appropriate use of key vocabulary, as well as developing their ability to summarise their knowledge and understanding of a particular topic. Students will be supported in their use of grammar, spelling and punctuation in written work.

All staff encourage extended use of numeracy in Physical Education lessons using a variety of methods. This could range from using stopwatches, tape measures and calculators to work out times and distances.

GCSE PE students will be required to complete continuous prose questions on their exam paper. This means that their response will be marked on the quality of the grammar, punctuation and spelling. There will also be numeracy based questions, which test their ability to calculate accurately.

Promoting Reading for Pleasure/Independent Reading

All students are encouraged to read for pleasure. This is reinforced through our literacy board in the Department.

Support, Strategies and Interventions for students (SEN, Most Able, Students not making Expected Progress)

The Physical Education department aims to deliver a differentiated curriculum, which involves matching tasks to students differing abilities and capabilities, their needs and interests by balancing challenge with the likelihood of success. We have a Gifted and Talented group that have been selected by members of the PE staff. These students form the Living for Sport project. It is aimed at developing skills quickly to ensure rapid and sustained progress.

Useful Resources for Home

The AQA website is an invaluable resource for use at home, especially for GCSE PE students. The course specification, including past exam papers and mark schemes, can be located at

<http://www.aqa.org.uk/subjects/physical-education/gcse>

How to help your child to develop PE skills

To assist your child in developing his/her physical literacy and knowledge/understanding in Physical Education you can encourage him/her to attend some of the extra-curricular clubs that are offered. There are a huge amount of clubs available – information can be located on the website or by your child asking their tutor or PE teacher.



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KS4 Dance Curriculum

GCSE DANCE

This specification follows on from some of the work studied by students in KS3. The techniques, knowledge and understanding already developed, will help them with the particular units of work in this subject. However, the expectation from staff will be more challenging and the standards required by the performers will need to be of greater quality.

‘Dance is vital, an activity both exhilarating and liberating to watch or do. The instinct to dance is fundamentally joyous and no matter how hard you try, you can’t get away from that for long. It can also be a huge force for good, effectively drawing people together and levelling everyone through sheer hard work. It can speed up your heart rate, it can enliven your being, it can change your life’.

(Richard Alston CBE, Dance UK)

GCSE Dance provides a route to further study at colleges of higher education, in Dance Performing Arts or PE.

Component 1: Performance and Choreography

Performance

Set phrases through a solo performance (one minute in duration)

Duet/trio performance

30% of GCSE

40 marks

Choreography

Solo or group choreography – a solo (two/two and a half minutes) or a group dance for two to five dancers (three to three and a half minutes).

30% of GCSE

40 marks

Component 2: Dance Appreciation

Knowledge and understanding of choreographic processes and performing skills.

Critical appreciation of own work.

Critical appreciation of professional works.

40% of GCSE

Written exam: 1 hour 30 minutes

80 marks

Groupings

In GCSE Dance, the students are taught in mixed ability and mixed gender classes.

Assessment

Students studying GCSE Dance will be provided with ongoing formative assessment feedback regarding their performance. Summative assessments will be completed termly as a more formal measure of progress.

Literacy/Numeracy Skills

GCSE Dance students will be required to complete continuous prose questions on their exam paper. This means that their responses will be marked on the quality of the grammar, punctuation and spelling.



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Promoting Reading for Pleasure/Independent Reading

All students are encouraged to read for pleasure – this is reinforced through our literacy board in the Department.

How to help your child to develop Dance skills

To assist your child in developing his/her dance skills and knowledge/understanding, you can encourage him/her to attend some of the extra-curricular clubs that are offered. Dance clubs can be accessed in and around Chesterfield, which will really boost their skills. Please ask your child to speak to their PE teacher for further advice.

In GCSE Dance, you can encourage them to access the AQA Dance website to unearth the numerous resources on-hand to help and support them in their exams.

<http://www.aqa.org.uk/subjects/dance/gcse/dance-8236>