

# PE At CODA



## Skills you need to be successful on a JFC PE course

Passion for sport and physical activity

Good level of fitness

Excellent reading, writing and communication skills

Ability to work well in a team

Willingness to represent the School in various sporting fixtures

Interest in how the body works

## Entry requirements for the course:

**Must enjoy taking part in PE, Sport and being active**

To always come prepared for lessons

Always remember you CODA PE kit

Great attendance

Enthusiasm for the course and a positive attitude

Participation in extra curricular activities

Constant commitment to improving your performance

**Sound like you something for you? Then please turn over for information on the different course we can offer you!**

## GCSE PE

At CODA students study the OCR GCSE full course over years 10 and 11. The course is divided into practical and theoretical sections with 40% of the final grade being awarded for acquisition and performance of skills in three sports from the following areas:

**One team activity**

**One individual activity**

**One free choice**

Students with their teacher will have to choose their three best sports from the above areas as well as completing a controlled assessment which is based on students evaluating their performance and developing an exercise programme. The remaining 60% of the course is assessed in two separate exams.

The specification for the course includes coverage of topics such as:

**Exam paper 1. 30% 1 hour**

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

**Exam paper 2. 30% 1 hour**

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

*This GCSE specification has changed from previous years and is more scientific in its content covered.*

***Lessons will be a mix of theory and practical. You will always have at least one practical a week.***

## **Sports Studies**

The Sports Studies course is a vocationally related qualification where learners develop knowledge and understanding by applying their learning and skills in a work-related context.

The course engages and encourages learners to take responsibility for their own learning Through a combination of coursework and exam assessment . These skills include: being effective in a team, working from a prescribed brief, meeting deadlines, presenting information effectively and completing administrative tasks and processes.

The Sports Studies course motivates learners, and provide a platform for progression into further study and responsibility within the work place.

There are 3 units of coursework study:

**Developing Sports Skills**

**Sports Leadership**

**Developing knowledge and skills in Outdoor activities (Compulsory outdoor education trip)**

There is one hour exam on Contemporary Issues in Sport. That can be re- sat throughout the course.

These units are delivered through lessons consisting of mainly theory and some practical. Students will be assessed in their practical ability across two Sports.

This course would suit learners who struggle with exams.

You could progress onto a sports course at college, which are run by several local colleges and with further training you could have a career in:

**Sports and leisure industry**

**Coaching or teaching**

## How clued up are you?

Here are some ideas on how you can be getting prepared for taking the step on a CODA PE course:

- Ask your teacher about the different courses you can take.
- Work hard in your KS3 lessons and complete any homework set, these will prepare you for the course you choose.
- Join a club in school and outside of school.
- Research a famous sports person.
- Watch a great sporting event on the TV.
- Volunteer to help at a local sports club.
- Ask you class teacher what you can do to improve your sports performance.

