

# Physical Education

Maesydderwen school is a caring supportive community dedicated to fulfilling the potential of all its members.

## Calendar for activities throught the year

BOYS	AUTUMN			SPRING			SUMMER				
<b>YEAR 7</b>	<u>BLEEP TEST</u> <b>RUGBY</b> Field  <b>GYMNASTICS</b> Gymnasium		<b>SOCCER</b> Field  <b>SWIMMING</b>		<b>RUGBY</b> Field  <b>HEALTH +FITNESS</b>		<b>SOCCER</b> Field  <b>LIFE SAVING /ENDURANCE SWIMMING</b>		<u>BLEEP TEST</u> <b>ATHLETICS</b>  <b>CRICKET</b>		<b>CRICKET</b>  <b>OUTDOOR EDUCATION</b>
<b>YEAR 8</b>	<u>BLEEP TEST</u> <b>RUGBY</b> Field  <b>GYMNASTICS</b> Gymnasium		<b>SOCCER</b> Field  <b>SWIMMING</b>		<b>RUGBY</b> Field  <b>HEALTH +FITNESS</b>		<b>SOCCER</b> Field  <b>LIFE SAVING /ENDURANCE SWIMMING</b>		<u>BLEEP TEST</u> <b>ATHLETICS</b>  <b>CRICKET</b>		<b>CRICKET</b>  <b>OUTDOOR EDUCATION</b>
<b>YEAR 9</b>	<u>BLEEP TEST</u> <b>RUGBY</b> Field  <b>GYMNASTICS</b> Gymnasium		<b>SOCCER</b> Field  <b>SWIMMING</b> Pool		<b>BASKETBALL</b> Gymnasium  <b>HEALTH +FITNESS</b>		<b>SOCCER</b> Field  <b>LIFE SAVING /ENDURANCE SWIMMING</b>		<u>BLEEP TEST</u> <b>ATHLETICS</b>  <b>CRICKET</b>		<b>CRICKET</b>  <b>OUTDOOR EDUCATION</b>

<b>GIRLS</b>	<b>AUTUMN</b>			<b>SPRING</b>			<b>SUMMER</b>				
<b>YEAR 7</b>	<u>BLEEP TEST</u>		<b>NETBALL</b> Hall/court		<b>NETBALL</b> Hall/court		<b>GYMNASTICS</b> Gymnasium	<u>BLEEP TEST</u>		<b>ATHLETICS</b>	<b>ROUNDERS / TENNIS</b>
	<b>HOCKEY</b> Astroturf		<b>DANCE</b> Gymnasium		<b>LIFE SAVING /ENDURANCE SWIMMING</b>		<b>HEALTH +FITNESS</b>			<b>ROUNDERS</b>	
<b>YEAR 8</b>	<u>BLEEP TEST</u>		<b>NETBALL</b> Hall/court		<b>HOCKEY</b> Astroturf		<b>DANCE</b> Gymnasium	<u>BLEEP TEST</u>		<b>ATHLETICS</b>	<b>ROUNDERS / TENNIS</b>
	<b>HOCKEY</b> Astroturf		<b>GYMNASTICS</b> Gymnasium		<b>LIFE SAVING /ENDURANCE SWIMMING</b>		<b>HEALTH +FITNESS</b>			<b>ROUNDERS</b>	
<b>YEAR 9</b>	<u>BLEEP TEST</u>		<b>NETBALL</b> Hall/court		<b>BADMINTON</b> Hall		<b>GYMNASTICS</b> Gymnasium	<u>BLEEP TEST</u>		<b>ATHLETICS</b>	<b>ROUNDERS / TENNIS</b>
	<b>HOCKEY</b> Astroturf		<b>DANCE</b> Gymnasium		<b>LIFE SAVING /ENDURANCE SWIMMING</b>		<b>HEALTH +FITNESS</b>			<b>ROUNDERS</b>	

<b>GIRLS STAT</b>	<b>AUTUMN</b>			<b>SPRING</b>			<b>SUMMER</b>		
<b>YEAR 10</b>	<u>BLEEP TEST</u>  <b>HOCKEY</b>		<b>NETBALL</b> Hall/court	<b>NETBALL</b> Hall/court		<b>HEALTH +FITNESS</b>	<u>BLEEP TEST</u>  <b>ROUNDERS</b>		<b>ROUNDERS / TENNIS</b>
<b>YEAR 11</b>	<u>BLEEP TEST</u>  <b>HOCKEY</b>		<b>NETBALL</b> Hall/court	<b>HOCKEY</b> Astroturf		<b>HEALTH +FITNESS</b>	<u>BLEEP TEST</u>  <b>ROUNDERS</b>		<b>ROUNDERS / TENNIS</b>



## **Physical education G.C.S.E**

### **Description of specification**

Physical education candidates build on their skills, knowledge and understanding previously acquired at KS1, KS2 and KS3. Candidates must become increasingly physically competent through being actively engaged in a range of physical activities. They become increasingly effective in their performance in different types of physical activity and roles such as player/participant, leader and official. Candidates develop their ability to engage independently and successfully in the processes of different types of physical activity. Developing and maintaining their involvement in physical activity as part of a healthy active lifestyle.

### **Type of work involved**

The course is made up of units.

Unit B451- An introduction to physical education.

- The healthy and active body
- Exercise and training the body for an active, healthy lifestyle.
- Acquiring movement skills and motivation to enable effective involvement in physical activity and to follow an active, healthy lifestyle.
- Opportunities and pathways for involvement in physical activities in a range of roles.

Unit B452- Practical performance

- Two performances from two different activity areas.
- An analysing lifestyle task.

Unit B453- Developing knowledge in physical education

- The healthy and active body.
- Exercise and training the body for an active, healthy lifestyle
- Acquiring movement skills and motivation to enable effective involvement in physical activity and to follow an active, healthy lifestyle.
- Opportunities and pathways for involvement in physical activities in a range of roles.

Unit B454- Practical Performance

- Two performances from two different activity areas.
- An analysing skill performance task for one activity

### **Method of assessment**

From September 2009 the **full GCSE** is made up of **four** mandatory units, two of which are the corresponding GCSE (short course) and two further units. The theory units B451 and B453 are externally assessed. Practical units B452 and B454 are internally assessed and externally moderated.

Written paper 40%

Coursework: 60%

### Extra curriculum

**Maesydderwen provides a variety of extra curricular clubs these include: rugby, hockey, soccer, netball, dance gymnastics, badminton, athletics, cricket and rounders.**



Teams in every year



County Athletics in Brecon



Girls rugby



### PE Uniform

ACTIVITY	GIRLS	BOYS
<b>OUTDOOR ACTIVITIES</b>	<p>Essential items</p> <ul style="list-style-type: none"> <li>• School polo shirt – White &amp; Emerald <b>(sold at the school)</b></li> <li>• School skorts <b>(sold at the school)</b></li> <li>• Black school sport socks <b>(sold at the school)</b></li> <li>• Shin pads</li> </ul> <p>Non essentials</p> <ul style="list-style-type: none"> <li>• Black track suit bottoms</li> <li>• Gum shield</li> </ul>	<p>Essential items</p> <ul style="list-style-type: none"> <li>• School Rugby Jersey – Bottle Green <b>(sold at the school)</b></li> <li>• Plain Black Rugby Shorts <b>(sold at the school)</b></li> <li>• School Rugby socks <b>(sold at the school)</b></li> <li>• Boots (togs)</li> </ul> <p>Non Essentials</p> <ul style="list-style-type: none"> <li>• Black track suit bottoms</li> <li>• Gum shield</li> </ul>

