

ASSESSMENT

- Personal exercise programme
- Analysis of performance
- Practical assessment in 4 sports across at least 2 areas
- One final written exam.

What key skills will you develop?

It is important to realise that PE develops the transferrable skills that **ALL** employers seek.

- Team work
- Decision Making
- Planning & organisation
- Communication
- Analytical Skills
- Evaluation Skills

What careers will this subject help prepare you for?

- Physiotherapist
- Occupational Therapist
- Professional Athlete
- Coach
- Personal Trainer
- Gym Manager
- Sport Scientist
- Recreational Manager
- Official Referees
- Armed Forces
- Dietician
- Business Management

LINK TO FURTHER STUDY AND CAREERS

Successful completion at grade C or above will qualify students for progression to A 'level PE or to Level 3 BTEC National Extended Certification in Sport: Fitness Services, Leisure Operations, Sports Performance and Excellence, Sport and Physical Development.

USEFUL RESOURCES

TEXTBOOKS

Walmsley. J (2009) GCSE PE (2ND Edition), Oxford (ISBN 978-1-85008-399-3)

Edwards, J., Badminton: Technique, Tactics, Training (Crowood Sports Guides), (1997) The Crowood Press Ltd, (ISBN 978 1 86126 027 7)

Parkhurst, A. (2005) Tennis: A Complete Guide to Tactics and Training – Sporting Skills, First Stone Publishing, (ISBN 978 1 90443 947 9)

Redknapp, H., (2002) Soccer Skills and Tactics, Parragon, (ISBN 978 0 75259 044 8)

Williams, T. and Hunter, J., (2000) Rugby Skills, Tactics & Rules (2nd edition), Bloomsbury, 2012 (ISBN 978 1 40815 695 7)

Woodlands, J., (2006) The Netball Handbook, Human Kinetics Europe Ltd, (ISBN 978 0 7360 6 265 7)

Adams, M., Armstrong, R., Gledhill, A., Hancock, J., Harris, B., Phillippo, P. and Sergison, A., BTEC First in Sport Student Book, Pearson Education, 2012 (ISBN 978-1-44690-161-8)

Ackland, J., The Complete Guide to Endurance Training, A & C Black, 2007 (ISBN 978-0-71367-903-8)

Bean, A., The Complete Guide to Strength Training, A & C Black, 2008 (ISBN 978-1-40810-539-9)

Hope, R. and Lawrence, D., The Complete Guide to Circuit Training, A & C Black, 2011 (ISBN 978-1-40815-635-3)

WEBSITES

www.gcsebitesize.com

www.britishswimming.org

Amateur Swimming Association

www.badmintonengland.co.uk

Badminton Association of England

www.britishcycling.org.uk

British Cycling

<http://www.british-gymnastics.org>

British Gymnastics

<http://www.teamgb.com/>

The British Olympic Association

www.britishvolleyball.org

British Volleyball Association

www.brianmac.co.uk/trainprog

www.livestrong.com/fitness

www.sport-fitness-advisor.com

www.englandbasketball.co.uk

English Basketball Association

www.thefa.com

The Football Association

www.lta.org.uk

The Lawn Tennis Association

www.rfu.com

The Rugby Football Union

www.sportsleaders.org

Sports Leaders UK

www.sportsofficialsuk.com

Sports Officials UK

www.ukathletics.net

UK Athletics