



Welcome to the King Charles PE Department

Subject Overview

We are proud to be offering the **BTEC Level 3 National Extended Certificate** in Sport.

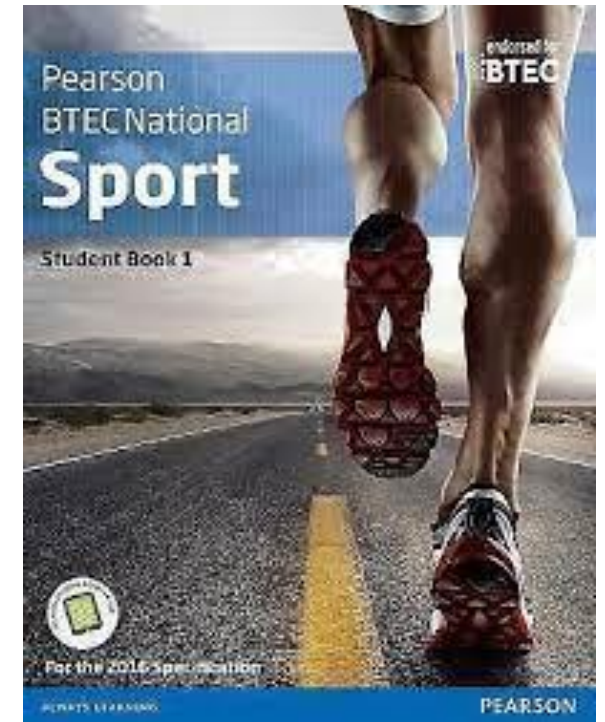
Our department thrive on providing a high-quality experience of PE. We provide opportunity to gain theoretical knowledge and practical application.

Department Welcome

- Miss Cariss: Curriculum Leader for PE
- Mr Wilkinson: Assistant head teacher / Teacher of PE
- Miss Thomas: Deputy head teacher / Teacher of PE
- Mr Hinkley: Head of Y11 / Teacher of PE

What you will study?

- Unit 1 Anatomy and Physiology
- Unit 2 Fitness and Training
- Unit 3 Sports Industry
- Unit 4 Leadership in sport



Unit 1 Anatomy and Physiology

- Demonstrate knowledge of body systems, structures, functions
- Short and long-term effects of sport and exercise on each system
- Analyse exercise and sports movements
- Evaluate how body systems are used and how they carry out exercise and sporting movements
- Make connections between body systems in response to short-term and long-term exercise and sport

Unit 2 Fitness and Training

- Effects of lifestyle choices on an individual's health and well-being
- fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods
- Analyse and interpret screening information
- Evaluate qualitative and quantitative evidence to improve health and well-being

Unit 3 Sports Industry

- Careers and jobs in the sports industry
- Professional training routes, legislation, skills in the sports industry
- Continuing professional development (CPD)
- Planning personal development towards a career in the sports industry
- Job applications

Unit 4 Leadership in sport

- Different leadership roles
- Skills, qualities, characteristics of a coach
- Psychological factors that could impact on leadership
- Practical skills required for different leadership styles
- Leading a sport and exercise activity

What can you expect in your Sport lessons?

- High quality practical lesson time.
- Lots of individual support and discussion opportunities.
- Opportunities to develop your sports leadership skills.
- Ongoing Assessment for Learning.

What do our current students think?

- Students love the practical environment of PE.
- They enjoy the experiences they are given at leading sports activities at the Borrington road site.
- They feel a great deal of satisfaction by seeing students achieve something they have taught them.
- They love applying their theory knowledge into practical situations.

Character Academy Offer in Sport

- Opportunities to run lower school PE Clubs
- Access to Fitness suite after school
- Visits to local primary schools to lead sporting activities.

Careers/Subject Combinations

- This course will open many doors for you to go to university or pursue opportunities in the sporting setting.
- University courses include:
 - ✓ Physical Education
 - ✓ Sports Coaching
 - ✓ Sports Business
 - ✓ Sport Therapy