

BTEC PE Studies – Student Information

Healthy body: healthy mind

Physical Education is an essential part of the curriculum, both for individual well-being and preparation for leisure time in adult life. We encourage independence in our PE lessons, supporting students to lead warm ups, sessions and drills. Understanding how to work our bodies safely and be able to set up sports sessions is a key part of PE.

As a school we aim for success in four main sports; Netball, Rugby, Football & Trampoline. We have regular after school clubs to encourage participation and progress skills further. Alongside these the students have the opportunity to take part in a number of traditional and non-traditional sports; Hockey, Rounders, Athletics, Tennis, Badminton, Extreme Frisbee, Lacrosse, Benchball, Dodgeball, Fitness Circuits, Cross Country to name a few.



This course is more than just playing sport! You will learn about the theory of PE, how our bodies change when we exercise and how leading a healthy active lifestyle is important. You will also get some extra time for practical activities and opportunities to go on sports trips as part of the course.

What's the theory all about?

The theory lessons relate directly to the sports you are studying, you will learn about fitness for sport and exercise, practical sports performance, carrying out a sports-related project, the mind and sports performance, the sports performer in action and training and personal programmes.

The BTEC course aims to;

- Encourage personal development through practical participation and performance in a range of sports and exercise activities.
- Give learners a wider understanding and appreciation of health-related fitness, sports and exercise through a selection of optional specialist units.
- Encourage learners to develop their people, communication, planning and team-working skills.
- Give opportunities for sport, leisure and recreation employees to achieve a nationally recognised level 1 or level 2 vocationally-specific qualification.
- Give full-time learners the opportunity to progress to other vocational qualifications, such as the Edexcel BTEC Level 3 Nationals in Sport or Sport and Exercise Sciences, or on to GCE AS or A level, and, in due course, to enter employment in the sport and active leisure sector
- Give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

How is the course assessed?

Assignments throughout the course include practical assessment, reports, projects, presentations, practical work, oral work and controlled assignments. You will study four different units; Fitness for Sport & Exercise, Practical Sport, Training for Personal Fitness and Leading Sports Activities.

Do you enjoy keeping fit?

This course gives you a wonderful opportunity to improve your levels of fitness through enjoyable activity. The training and fitness module ensures that you improve your levels of fitness in your chosen sport. This programme is focused around you and improving your cardiovascular fitness. By taking results each week you can see how your body is responding to exercise and how this affects your lifestyle.

Could BTEC PE help you with your future career?

Future careers relating to sport and exercise include personal trainers, PE teacher, sports coach, physiotherapist and sports rehabilitation, for example.

PE studies is not easy! You have to commit a lot of time and hard work both on your practical skills and PE knowledge. PE studies students are expected to take part in sports outside of school and be involved in local clubs. You will be expected to lead sports session with other students and primary schools with the help of your peers and teachers.