



PHYSICAL EDUCATION

Key Stage 4

Throughout KS4 all students participate in at least two lessons of PE per fortnight as part of core PE. As part of core PE students participate in a number of activities which are wide-ranging to enthuse and engage as many students as possible.

Students also have the opportunity to study for a qualification in PE by selecting either the Level 1/2 Award in Sport or GCSE PE. By opting for these courses, students take part in a further six lessons of PE per fortnight with four of these being classroom-based and the other two being practical.

The Level 2 Award in Sport

The Level 1/2 Award in Sport course is run by WJEC and it gives students the opportunity to achieve a qualification in the subject area. There are six periods of Sport per fortnight, with these lessons being a combination of practical and theory. The theory lessons are taught in class and computer rooms and the practical lessons in the sports hall or on the field. There are three units that make up this qualification with two of these assessed internally by teachers and the other which is assessed externally by moderators. Each unit is sat under examination conditions and requires students to complete a set piece of work in a given time frame.

For more information about the course and the opportunities it provides students with please go to;

<http://www.wjec.co.uk/qualifications/sport/>

GCSE PE

GCSE PE is an examination-based subject which requires students to be externally assessed by a moderator whilst performing practically and also sit a theory exam. The practical element of the course is worth 50% and the theory element is worth 50%. When performing practically, students must select three activities that they would like to be assessed in. These activities can be traditional such as rugby, football, netball and hockey or slightly different such as sailing, mountain biking and archery. Students must select one team sport, one individual sport and one other that can come from either category. One of these three activities must be a 'Major Sport' and is worth more marks but does require the completion of a training programme. For the theory part of the course, students will study a range of topics including anatomy, health, psychology, nutrition, training and cultural factors. This qualification is worth one GCSE.

There are six periods of GCSE PE per fortnight, with four lessons being theory and two lessons practical. The theory lessons are taught in class and computer rooms and the practical lessons in the sports hall or on the field. The course is assessed through a theory exam and a practical moderation.



The theory exam is a 2 hour paper worth 100 marks (50%) and the practical moderation is completed through the assessment of three activities and is worth 100 marks (50%).

The GCSE PE course is run by WJEC and it gives students the opportunity to achieve a qualification in the subject area. For more information about the course and the opportunities it provides students with please go to;

<http://www.wjec.co.uk/qualifications/physical-education/physical-education-gcse/>

Extra-Curricular Programme

At Mary Immaculate we also run a comprehensive extra-curricular programme which is aimed at increasing participation levels of all students as well as offering opportunities for students to make progress. Activities on offer as part of our extra-curricular programme include netball, hockey, rugby, football, basketball, baseball, athletics, dance, gymnastics, trampolining, fitness, badminton, table tennis and cheerleading.

We also have a vast number of sports teams that participate in competition with other schools across the county and country. We have experienced success in a number of sports including the following;

Cardiff Games Secondary School Champions 2015; Cardiff Schools rugby 7s Plate winners 2010, 2011, 2013, 2014, 2015, 2016; Cardiff Schools rugby Plate Finalists 2014, 2015, 2016; Cardiff and Vale Basketball Champions 2015; Sport Cardiff Basketball Champions 2014, 2015; Sport Cardiff Badminton Champions 2014; Cardiff Schools Baseball Champions 2013; Welsh Basketball 3v3 Champions 2013, 2014; Cardiff and Vale Schools football 5-a-side Plate winners 2017