

Chapter 7

School and Physical Education

AQA GCSE PE Chapter 7.

7.1 National Curriculum Requirements

The influence of PE in school is thought to be one of the major factors that influences the activity levels of young people as it can shape attitudes and behaviour in the future.



Objectives:

- Understand the reasons why PE is included and taught in schools
- Be aware of what should be provided in a PE programme

Example PE lesson- Gymnastics



Task 1- Matching Task (match the activity with the group)

- Gymnastics, Trampolining
- Fitness classes such as Zumba, aerobics, circuits
- Dance
- Lifesaving, personal survival
- Athletics
- Netball, basketball, football

Group 1- Outwitting opponents

Group 2- Accurate replication of actions, phases and sequences

Group 3- Exploring and communicating ideas, concepts and emotions

Group 4- Performing at maximum levels

Group 5- identifying and solving problems to overcome challenges

Group 6- Exercising safely and effectively to improve health and wellbeing

Task 2- Listing

Give 3 reasons why PE is offered in schools?

1. _____
2. _____
3. _____

Task 3- Exam Question

What is the difference between a foundation subject and a core subject? Which subject is PE? (2 marks)

AQA GCSE PE Chapter 7.

7.2 The impact of the PESSCL strategy

PESSCL has a specified target to increase the percentage of school children that are active in sport and exercise beyond the curriculum.



Objectives:

- Outline what the PESSCL strategy consists of
- Be aware of the eight strands that make up the strategy

Task 1

What is PESSCL an abbreviation for?

Task 2- Description

Describe two of the eight strands identified within the strategy to ensure it succeeds.

Task 3- Exam Question

Explain what is meant by school club links and provide one sporting example. **(2 marks)**

AQA GCSE PE Chapter 7.

7.3 PESSYP

PESSYP is a strategy launched by the government in January 2008, which was intended to be a transition from the PESSCL strategy with new work strands but retaining the same objectives. The main difference is that the PESSYP is aimed at 5-19 year olds and PESSCL is aimed at 5-16 year olds.



Objectives:

- Outline the content of the PESSYP
- Consider how this strategy builds on the PESSCL strategy and to be aware of the additional strands

Task 1 - Reduction

Read page 94 in the GCSE text book and reduce the description of the PESSYP strategy into 5 key points.

1. _____
2. _____
3. _____
4. _____
5. _____

Task 2- Explanation

Explain how the PESSYP strategy builds on the PESSCL strategy?

Task 3- Exam Question

What do you understand by the term 'extending activities' and what sort of activities would fall into this category?

7.4 National Healthy Schools Programme

The national Healthy schools programme is closely linked to PE in schools as it shares many of the aims and objectives of the PE curriculum and is complimentary to it. The intention is to make happier, healthier children who are able to make informed decisions about their lifestyle.

Objectives:

- Summarise the National Healthy Schools Programme
- Emphasise the necessity of the whole- school approach
- Consider the link it has with the PE curriculum

Task 1.

List the four key initiatives of the National Healthy Schools programme.

1. _____
2. _____
3. _____
4. _____



Task 2.

Explain what the Healthy Schools Programme is. (2 marks)

Task 3- Exam Question

There are four core themes in the Healthy Schools Programme. Name **two** of the four core themes and describe their importance. **(4 marks)**

