Bullers Wood School for Boys

Physical Education

Key Stage 3 | Years 7-9

Our aim

To promote lifelong physical activity, health and wellbeing, and the values of teamwork, leadership and fair play. GCSE PE and Cambridge National Sport Studies allow boys to study the science and organisation of sport in depth.

A "PE for all" ethos: every student experiences a wide range of sports while developing problem-solving, communication, creativity, empathy, teamwork and resilience.

	Year 7	Year 8	Year 9
Autumn	Rugby Basketball Gymnastics	Rugby Basketball Table tennis	Basketball Fitness Lacrosse
Spring	Football Badminton Hockey	Football Badminton Lacrosse	Football Handball Table tennis
Summer	Cricket Athletics	Cricket Athletics Short tennis	Athletics Softball Volleyball

How work is assessed – continuously, in every lesson

Technique	Tactics	Physical	Character
Accuracy and control	Applying skills in practice and games	Fitness, movement and work rate	Teamwork, communication, resilience

Beyond the classroom

A wide range of clubs, fixtures, trips and enrichment to build skills, leadership and a lifelong love of physical activity.

Kit

+ Correct PE kit every lesson, clearly labelled with his name.

Homework

+ No formal homework at Key Stage 3 – but staying active outside school and joining clubs is strongly encouraged.

Help at home

+ Encourage regular activity and healthy routines
+ Tell us about any injuries

Bullers Wood School for Boys

PE & Sport Studies

Key Stage 4 | Years 10-11

Two sport qualifications: GCSE PE for students who compete regularly and enjoy the science of sport, and Cambridge National Sport Studies for those who prefer applying learning in practical, real-life situations.

GCSE Physical Education – AQA

What you study	How it is assessed	
Year 10 splits time equally between theory and practical; Year 11 is all theory. Students are assessed in **three sports**: two team and one individual, or one team and two individual, from the AQA list. Regular competitive participation in those sports outside lessons is essential for strong grades.	**Paper 1: Anatomy, movement analysis, training, data** 1 hr 45	**30%**
	Paper 2: Sports psychology, socio-cultural influences, health 1 hr 15	**30%**
	Practical performance in three sports	**30%**
	Written analysis of performance (coursework)	**10%**

Cambridge National Sport Studies – OCR Level 1/2

What you study	How it is assessed	
+ **R184** Contemporary issues in sport + **R185** Performance and leadership in sports activities + **R186** Sport and the media or **R187** Outdoor and adventurous activities Suits students who enjoy leading, performing across activities and making decisions under pressure.	**R184:** exam, 1 hr 15 (January or June of Year 11)	**40%**
	R185 : practical and coursework, assessed in school	**40%**
	R186 or R187 : coursework, assessed in school	**20%**
	If the exam is sat twice, the most recent result counts – not the higher one	