



"Our priority is to ensure that students, staff and parents are proud to belong to The Quest."

Mr Andy Crofts
Principal, The Quest Academy

PE Faculty

Key Stage 3

In year 7, pupils focus on the development of essential skills: developing skills in physical activity; making and applying decisions; developing physical and mental capacity; and making informed choices about healthy, active lifestyles. In Year 8 there is a greater emphasis on body systems and helping them to understand the scientific side of sport such as to why we warm up and which components of fitness are necessary for each particular sporting discipline.

These key processes will be achieved through a wide variety of activities including: Football, Badminton, Rounders, Basketball, Gymnastics, Tennis, Netball, Trampolining, Handball, Dance, Tennis, Netball, Rugby, Athletics, Volleyball and Cricket.

Key Stage 4

In year 9, those students who have chosen to study Sport at Key Stage 4 have the option of doing either GCSE PE or BTEC Sport, both of which run for three years.

BTEC

The BTEC sport course is intended 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
- give learners the opportunity to develop a range of skills and techniques, personal skills and attributes essential for successful performance in working life.

GCSE

The GCSE PE course is 70% theory and 30% practical. 10% of the theory is written coursework with the remaining parts weighted between 2 exam papers. The practical grade is given on 3 sports; one team, one individual and one free choice (sports must be selected off of the approved list). The GCSE PE course intends to:

- understand how the physiological and psychological state affects performance in physical activity and sport
- perform effectively in different physical activities by developing skills and techniques and selecting and using tactics, strategies and/or compositional ideas
- understand the contribution that physical activity and sport make to health, fitness and well-being
- understand the key socio-cultural influences that can affect people's involvement in physical activity and sport.

Key Stage 5

The Academy is now offering the BTEC Level 3 Diploma to students at key stage 5.

This two-year course is equivalent to 2 A Levels and will enable students to enter a degree programme at university or employment in the sports and leisure industry. It covers anatomy & physiology, sports leadership, fitness testing, practical sports, sports nutrition as well as other sporting areas. Students will complete 9 sports-related vocational units over the two years, 6 of the units are mandatory and 3 are externally assessed. Learners have maximum flexibility in the optional units, allowing them to pursue particular interests and career aspirations.