

# Sponne School PE Exam Studies

All students will study the same content during Year 9 and at the end of Year 9 we will look at your performance in the theory and practical elements of the course and select the most appropriate pathway for you to follow in Year 10 and 11. Whether you study a GCSE course (exam at the end) or a vocational course (assignments) they both contain theory and practical and are still worth exactly the same....a LEVEL 2 qualification.

## Anatomy & Physiology

Learners will develop knowledge and understanding of the body systems (continued in year 11), bones, joints, muscles and movement planes that are important to physical activity.

Year  
9



## Physical Training

Learners will develop their knowledge and understand of the components of fitness required for physical activities and how each can be measured, be able to apply training principles to training programmes, along with knowing how to optimise training and prevent injury.

