



YOUNG APPRENTICESHIP

GCSE PE AND LEVEL 2 CERTIFICATE OF LEADERSHIP

The Young Apprenticeship is the flagship PE course which requires students to make an application in writing explaining why they wish to become a Young Apprentice, to be followed by a formal interview for shortlisted candidates. It is important to realise that there are limited places that are available on the Young Apprenticeship Programme. **Students must opt for GCSE PE in the first instance. There will then be an application process to become a YA.**

What will you study during the course?

Students will study GCSE PE and additional qualifications in Level 2 Certificate in Leadership and St John's Ambulance First Aid.

GCSE PE (full details on GCSE PE Page)

Component 1 - Applied anatomy and physiology, movement analysis, physical training.

Component 2 - Health, fitness and wellbeing, sport psychology, socio-cultural influences in sport. **Component 3**

- Practical Performance - Skills during individual activities, skills during team activities. **Component 4** - Preparing and completing a personal exercise plan.

Level 2 Certificate in Leading Health-Related Activity Sessions

Unit 1 - Promoting healthy lifestyles and physical activity - the principles of fitness, the health benefits of physical activity, the importance of healthy eating, how to promote an active healthy lifestyle

Unit 2 - Planning an activity session - the health and safety requirements for activity sessions, how to safeguard and protect children and vulnerable adults, how to plan activity sessions, Plan an activity session

Unit 3 - Delivering an activity session - able to prepare for an activity session, able to deliver a safe and effective activity session, able to manage participants during an activity session, bring the activity session to an end, able to evaluate the activity session

How will the course be taught?

A variety of approaches are used, including some formal teaching, there will be lots of opportunities to work in groups, carry out individual research and to participate mainly in a practical environment.

GCSE PE

Two lessons of practical PE per fortnight and three theory lessons per fortnight.

Level 2 Certificate in Leading Health-Related Activity Sessions

Additional time for study is made on Fridays from 1:30pm to 3pm with some INSET Days and some time at the beginning of Year 10 at Tyr Abad. The course is not for the faint hearted!

- This is a course for students who have a commitment to sport as a likely career path and is for students who can demonstrate a commitment to school whilst have a passion for sport and leisure.

How will your work be assessed?

GCSE PE (full details on GCSE PE Page)

Component 1 - 36% - 90 mark exam paper lasting 1 hour and 45 minutes.

Component 2 - 24% - 70 mark exam paper lasting 1 hour and 15 minutes.

Component 3 - 30% - 3 sports, 1x individual, 1 x team & 1x team or individual

Component 4 - 10% - Coursework - Personal Exercise Plan (PEP)

Level 2 Certificate in Leading Health-Related Activity Sessions - 15 Credits

Unit 1 - 4 credits - practical coursework

Unit 2 - 5 credits - practical coursework

Unit 3 - 6 credits - practical coursework

The Leadership qualification is assessed in a number of ways but will undoubtedly involve practical demonstrations. There will be some written work required for the qualification to show evidence.

Where can it lead?

The nature of the course will provide opportunities to develop a variety of skills which could lead to a career in sport. Furthermore, the course will develop subject-specific knowledge which allows students to study Sport related courses during 6th form and University.

Young Apprentice can lead to a variety of jobs and roles within the community. Such jobs could be: sports scientist, sports medicine, physiotherapy, nursing, sport psychologist, lecturer, sports management, sporting events, personal trainer, army recruitment, sports coach, sports official, sports development officer and teacher. Taking part in Young Apprentice will lead to students having an understanding and ability to lead a healthy, active lifestyle.