

# Physical Education (Core)

**Physical Education (Core)** is a compulsory non-examination course that covers Key Stage 4 of the National Curriculum during Year 10 and 11. If you wish to gain a qualification in Physical Education you should consider taking, in addition, either GCSE PE or GCSE Outdoor Education.

Over the Key Stage you will access a major activity in summer and in winter from an extensive option list. In addition, you will follow a health-related fitness programme in both Year 10 and 11.

New activities are also introduced and will give you the opportunity to try them out for future interest - badminton, American football, tchoukball, lacrosse, ultimate frisbee and taster sessions for local clubs and sports centre classes.



You will not only be expected to take part, but also to teach, coach and manage your peers in and out of lesson time. You will learn principles of safe practice and methods of preparation for getting involved in physical activity. There may be opportunities to work on skills for the Duke of Edinburgh award.



**At Alun School,**  
our experienced teaching team provide expert guidance and tuition.  
Please contact the PE department for further information .