

PHYSICAL EDUCATION (Core)

This compulsory non-examination course in Years 10 and 11 covers Key Stage 4 of the National Curriculum. If you wish to gain a qualification in Physical Education, you should consider taking, in addition, either GCSE PE or GCSE Outdoor Education in Option 3.

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 Year 11.

New activities are also introduced and will give you the opportunity to try out activities for future interest, e.g. badminton, American football, Tchouckball, 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 the principles of safe practice and methods of preparation for getting involved in physical activity. There may be opportunities to work on skills for Duke of Edinburgh award.

FURTHER INFORMATION:

Please see:

Mr A. Bowyer, Mr C. Ellis, Mrs L. Jenkins, Mrs Brooks, Mr D. Jones,
Mrs R. Dathan, Mr T. Seddon, Mr S. Cutler or Mrs Whittaker