

Physical Education (Core)

(Compulsory Subject)

Qualification:

Core PE is a compulsory subject. All students will be required to participate in a variety of individual and team sports. In core PE there is no external assessment but you will be set a specific target to achieve each Learning Programme.

Activities include:

- Football
- Rugby
- Fitness
- Badminton
- Handball
- Netball
- Climbing
- Leadership

All students will be required to participate in two different activities throughout the year.

What will I learn / How is the course structured?

- One hour per week (compulsory)
- Practically participating in a variety of individual and team activities and sports
- Increasingly becoming more independent and planning and organising skills practices and small sided games.
- Becoming increasingly aware of and taking on different roles in PE such as officials, organisers, coaches and instructors
- Planning and preparing a simple sporting activity and fitness programme
- Communicating and leading sporting activities
- Understanding fair play and the role of officials, planning and organising
- Leading a number of primary school sporting events

What can this qualification lead to?

Students are encouraged to assist with extra-curricular activities in order to improve and develop their leadership skills further. Leaders can also become involved with the Young Ambassadors programme and support primary school activities.

