



# Physical Education - Core

## Introduction

Key Stage Four students have a core PE programme of three hours a fortnight. Core PE helps pupils acquire the knowledge, skills and understanding they need to participate successfully in, and enjoy, physical activities both now and in the future. The option structure will allow pupils to fully engage in the new National Curriculum Framework being introduced which will allow pupils to tackle complex and demanding activities which will help them develop personal fitness and which promote a healthy active lifestyle.

## What Will I Study?

In Year 10 all students have a choice of an activity strand. They will follow this strand in their Core PE lessons until Easter. The proposed strands from which students can choose are shown below (these are subject to change based on timetabling and staffing constraints):

Strand 1:	Rugby	Football	Hockey	Mountain Biking
Strand 2:	Badminton	Fitness Suite	Volleyball	Football
Strand 3:	Hockey	Netball	One2One Fitness	Basketball
Strand 4:	Fitness Suite	Dance	Trampolining	Volleyball
Strand 5:	The Level 1 Award in Sports Leadership			

After Easter, students must select one of the summer options from the list below for the final term:

Surfing	Cricket	Athletics	Rounders	Tennis	Golf
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The Year 11 PE programme follows the same format as that in Year 10 with 3 hours over 2 weeks, with students able to achieve further progression in their skill and understanding of their chosen fields of physical activity.

## What Skills Will I Develop?

Core PE programme will enable you to:

- Use increasingly advanced strategies and tactics of competitive play focussing on outwitting opponents;
- Improve your own performance by learning to recognise strengths and weaknesses in other players;
- Learn the rules of activities and understand how to apply them;
- Undertake a variety of roles: player, performer, coach and official;
- Plan and carry out a safe and effective health promoting programme of exercise;
- Co-operate with others in regular practice;
- Develop leadership skills;

Students will engage in the development of personal leadership and enterprise skills with the emphasis on the role of a coach as well as organising activities for others, including primary school pupils and peers.

## What Qualifications Might I Gain?

All students have the opportunity to gain the Level 1 Sports Leaders Award, if they choose this strand, in either Year 10 or 11.