

PE (Core) KS3 and KS4

What are the aims of the course?

- To enable every student to experience and enjoy Physical Education.
- To realise the importance of a healthy lifestyle.
- To develop individual physical skills and appreciation of tactics.
- To develop knowledge and understanding of rules and regulations.
- To provide opportunities for students to play sport.
- To appreciate qualities of teamwork, fair play, discipline and social responsibility.



What is the content of the course?

Students will study the following activities in Years 9, 10 and 11:

Athletics	Badminton	Basketball	Cricket
Football	Health Related Fitness	Hockey	Netball
Rounders	Rugby	Soft Ball	

What will be assessed during the course?

This is a non-examined course.

However, in order to provide a rounded judgement relating to National Curriculum expectation, students will be assessed on their ability to demonstrate across a range of activities:

- Acquiring and developing skills.
- Selecting and applying skills, tactics and compositional ideas.
- Evaluating and improving performance.
- Knowledge and understanding of fitness and health.

There is a wide range of PE enrichment activities on offer for students. The Academy teams play regular fixtures against local schools, including rugby, football, netball, hockey, athletics and rounders.