

PE & School Sport

The KS4 PE programme aims to develop a range of practical skills and encourage students to be more aware of health related activities which will help them improve their lifestyle.

Through pupil voice we have designed a more personalised programme of study, with the aim of ensuring our students develop a life long passion for sport and exercise.



Topics Covered

The study of Core PE provides opportunities for you to develop your skills and techniques in a variety of activities which include:

- **Team and individual games:** including basketball, football, badminton, netball, rounders, cricket, tennis, table tennis, handball and tag rugby
- **Trampolining**
- **Health and fitness:** including boxercise, aerobics, zumba, circuits, gym and rowing
- **Leadership:** Level 2 sports leadership award

Assessment

Progress and attainment in core PE is reported on a termly basis.

Career Opportunities

- Professional Sportsperson
- Fitness Instructor
- Leisure Centre Technician
- Playschool Leader
- Life Guard
- School's Games Organiser
- Leisure Centre Manager
- Sports Coach
- Armed Forces & Public Services

Notes
