

Physical Education

What is the course like?

The Physical Education Department are passionate about continuing to provide students with a broad range of physical activities to take part in as they progress through Key Stage 4. Pupils studying GCSE PE and Sports Studies courses will be encouraged to follow a competitive pathway allowing them to be assessed in the sports needed for the practical element of their course. This will include the traditional school games and will be a valuable opportunity for those pupils aiming to represent the school in extra-curricular fixtures and matches. Pupils not studying one of these courses but still aiming to represent school teams will also follow this pathway and will be encouraged to attend extra-curricular clubs and training sessions which will continue throughout Key Stage 4.

Students not looking to represent the school in competitive sport will follow a curriculum that provides them with a broad range of activities. There will be an increased focus on recreational physical activity for students following this curriculum. The PE department understand the important role that sport, and exercise can play as students progress through KS4, and the positive impact that regular physical activity can have on students' attainment in their GCSE exams at the end of Year 11. With this in mind all pathways follow a sports education model where the emphasis is on the students taking on the responsibility for their physical activity.

Extra-Curricular

Extra-curricular opportunities will remain at the heart of what we do throughout out Key Stage 4 and clubs will run in a variety of team games and recreational clubs throughout the year. All pupils will be encouraged to attend as a way of coping with the stresses and increased workload that comes with Key Stage 4. School teams will run in all major games and athletics, and indoor climbing will also be available to Key Stage 4 pupils. Sports such as badminton, volleyball, boxercise, aerobics and circuit training will also be introduced throughout the year.

What is studied during the course?

Traditional team sports and recreational based activities are played throughout. Athletics, gymnastics and cross country take place at different times of the year. New sports such as badminton, volleyball, boxercise, aerobics and circuit training will also be introduced.

How is the course assessed?

There is no formal assessment for Core PE at Key Stage 4.

For further information, please contact Mr Brailey, Mrs Place or Mrs Davidge-Lumber.

