



## Course Description for Physical Education ( PE)

All Learners undertake this course for which there is no examination.

This syllabus conforms to the requirements of the National Curriculum in Physical Education. It is designed using National Curriculum assessment criteria on expected performance and on expectations of kit, participation and co-operation. It is intended to enable learners to improve:

- Their ability to plan, perform and evaluate physical activities
- Their knowledge, skill and understanding of a range of physical activities
- Their ability to coach each other giving correct feedback

In Year 10 and 11 learners will follow a broad and balanced curriculum throughout the year.

Games Activities	Gymnastic/Dance Activities	Athletic Activities	Healthy Lifestyles
Invasion (Football, Basketball, Handball)	Gymnastics	Athletics	Health Related Fitness
Net/wall (Volleyball, Badminton)	Trampolining		Aerobics
Striking/fielding (Cricket, Rounders)	Dance		Fitness Training (Gym)

### Typical Activities

Learners will be working on personal performance of individual/group skills, application of skills, rules and regulations and the ability to evaluate and make judgements on their own and others' performances.

There will be an opportunity for learners to use the Fitness Suite as part of the course, however there will be an additional charge for each session. During this time learners will be taught to prepare and carry out an exercise/fitness training programme taking into account health and safety aspects of Physical Education and the importance of leading a healthy lifestyle at school and beyond.

### How Parents/Carers Can Help

Learners are required to bring the appropriate school PE kit to each lesson. Please ensure that learners have this and bring it in on relevant days. It would be helpful if parents/carers could encourage their child to practice and develop skills further outside schools hours. As well as extra-curricular activities offered by the PE Department, the sports centre has numerous activities on offer and learners would be well advised to take advantage of these.

### How many lessons are there?

2 hours taught over two weeks.