

# Physical Education

## Course outline and assessment

You will have three hours of PE a fortnight in year 10 and four hours of PE a fortnight in year 11, where you will take part in a range of activities and sports over the course of the two years. There is an emphasis on gameplay and tactics within sports as well as leadership; including a unit of work that is specifically dedicated to sports leadership. Activities include: football, rugby, fitness, netball, hockey, cricket, rounders, softball, trampolining, badminton and athletics. You will be assessed practically against each activity criteria based on observations by your teacher, however these grades do not contribute towards a qualification.

### What will I learn/skills will I develop?

- Knowledge of tactics and rules in a range of sports
- Knowledge of how you can keep fit and healthy
- Leadership skills

### What subjects does it link to?

- Science
- Maths

### What opportunities does this give me?

- Sports Coach
- Teacher
- Fitness Instructor
- Physiotherapist

### What extra-curricular opportunities are offered?

- Half Termly Inter-House Competitions
- Sports Teams eg. football, cricket, athletics, rounders and netball
- After School Clubs eg. badminton, table tennis, basketball

