

PHYSICAL EDUCATION

INTRODUCTION

At the start of Year 10 all students begin a varied curriculum which provides a range of sporting opportunities during their two hours of PE per week. Each week, across each half term, students will complete a different activity, covering 12 sports per year. Students will participate in a variety of activities which include:

Team Sports such as:

Football, Basketball, Cricket, Lacrosse, Rounders, Netball, Ultimate Frisbee, Handball, Dodgeball, Softball, Volleyball, Rugby and Crazy Catch.

Individual Sports such as:

Table Tennis, Badminton, Trampolining, Dance, Gymnastics and Athletics.



Health, Fitness and Well-being activities such as:

- Yoga
- Circuit Training,
- Aerobics,
- Cardio Training
- Outdoor and Adventurous Activities.

For example:

		TuA1, FrA1	MoB4, FrB1	TuA1, FrA1	MoB4, FrB1	TuA1, FrA1	MoB4, FrB1	TuA1, FrA1	MoB4, FrB1	TuA1, FrA1	MoB4, FrB1	TuA1, FrA1	MoB4, FrB1
10X	PE1	BADMINTON	LACROSSE	TAG RUGBY	HRE	TABLE TENNIS	SP LEADERS	GYMNASTICS	OAA	ROUNDERS	UFRISBEE	ATHLETICS	SOFTBALL
10X	PE2	ROUNDERS	NETBALL	GYMNASTICS	BADMINTON	HRE	HANDBALL	HRE	TABLE TENNIS	ROUNDERS	ATHLETICS	UFRISBEE	CRICKET
10X	PE3	RUGBY	FOOTBALL	BADMINTON	BASKETBALL	HRE	FOOTBALL	HRE	HANDBALL	ATHLETICS	CRICKET	SOFTBALL	UFRISBEE

EXTRA CURRICULAR

A large number of sports covered within the curriculum are also offered to students as clubs for additional training, as well as opportunities to compete in a variety of competitive situations. We also enable students to lead, officiate and coach as part of their roles within these extra-curricular clubs.

ENTRY REQUIREMENTS

There are no entry requirements for core PE and everyone will follow this non-examined programme. In addition, some students may choose to opt for GCSE PE or BTEC Tech Award in Sport, Activity and Fitness.

FURTHER INFORMATION

For further information please contact Mrs Reynolds, Head of Physical Education.