

PE at a Glance	
Head of Department	Mr C Underwood
Lessons per fortnight	3
Homework per fortnight	

Year 9, 10 & 11 PE (Core)

1. Course & Subject Information

Students will participate in 3 hours fortnightly. During year 9 students will participate in a number of different sporting activities throughout the year where they will develop their skills and techniques. They will focus on developing their knowledge and understanding of the rules and tactics within each sport.

During year 10 students will have a choice of activities that they wish to participate in throughout the year order to improve and enhance their engagement and understanding of the importance of physical activity and sport.

In year 11 students will be given a choice of a range of pathways which they can select to follow. These will be divided into 3 main pathways consisting of Nutrition & Fitness, All round and Duke of Edinburgh and OAA pathways.

2. Course/Subject Structure Year 9

Term 1	Rugby Netball Badminton Football
Term 2	Badminton Fitness Basketball Benchball
Term 3	Rounders Athletics Softball/ Baseball Cricket

Year 10

Term 1	Rugby Netball Fitness Badminton
Term 2	Badminton Fitness Basketball
Term 3	Rounders Athletics Softball/ Baseball Cricket

Year 11 -Pathways

Nutrition & Fitness	<p>Students will have the opportunity to try a range of different fitness and leisure activities that will encourage participation and develop student's knowledge about nutrition and fitness. Students will look at healthy eating and have the opportunity to cook and learn about food and its nutritional benefits.</p> <p>Activities: Zumba Pilates Kettle Bells Cycling Walking Running Circuits Gym Yoga</p>
All Round	<p>Students will have the opportunity to take part in lots of different sporting activities both in school and offsite.</p> <p>Activities/ Sports: Football Basketball Badminton Tennis Athletics Rounders Rock climbing Cricket</p>
Duke of Edinburgh & OAA	<p>Students will have the opportunity to take part in the Duke of Edinburgh award. They will learn all the skills needed for them complete their bronze expedition during core PE. They will go offsite to complete OAA courses and volunteer for the good of others. This could include coaching primary school children, working with the homeless or working with the community.</p>

3. Recommended texts or websites to support home learning

4. Specialist Equipment/Materials Required if applicable

Students should come to every lesson with full PE kit appropriate for either indoor and outdoor activities.