

COURSE TITLE: PE (Core)

EXAMINATION BOARD: THIS IS A NON EXAMINATION SUBJECT

All students in Key Stage 4 have 1 x 1 hour lesson of PE each week.

Activities are offered to all students on an 'option' basis as far as possible, to try and meet all students' needs and preferences.

Activities offered:

Team games including hockey, netball, rugby, football, rounders, cricket, softball, volleyball, basketball and roller hockey, unihok, dodgeball.

Individual activities including fitness activities (e.g. aerobics, cross-country running, 'spinning', circuit training & weight training), dance, badminton, table-tennis, trampolining, athletics, tennis.

Leadership All students are encouraged to take on roles other than just a 'performer' in PE lessons (e.g. coach, official) in order to develop their leadership skills. There may also be the opportunity to obtain leadership qualifications e.g. Sports Leader Level 1, (JSLA), Netball Leader, Hockey Leader, Dance Leader and to put these skills into practice through a programme of primary school sports festivals.

Skills to be developed:

Practical, physical, aesthetic, communicative, investigative, co-operative and leadership skills via physical activity in its many forms.

Methods of Assessment:

Continuous individual and group assessment.

Special Requirements:

Full Lakes School P.E. kit as in Key Stage 3.

Please Note:

If students are unable to take part for medical reasons they must have a note from home to explain so. They will **still** be expected to be involved in the lesson in an officiating, organising or observation role however.

Approach, Techniques of Study:

Students will be given a choice of activity wherever possible, dependent upon resources, staffing and facilities available.

Homework Demands:

Not applicable.

For more information please contact: Ms Jeffrey, Mr Robinson or Mrs Musetti in the PE Department.

Title:
Author:
Date:

Path: