

KS4 PE - Compulsory Core

Course Specifications

All students follow a compulsory Core programme, designed to encourage future participation in exercise. This is not an examined subject. Participation is compulsory for all students until the end of Y11.

Course Description

All students at KS4 have the opportunity to achieve accreditation in PE. Every student will be expected to follow 2 hours of Core PE until the end of Year 11.

Within Core PE offer students the opportunity to gain an accreditation as a Sports Leader.

All students will be given the option of which pathway they follow in Year 10, and teachers will suggest the pathway best suited to individual students' needs and ability.

Skills & Abilities

The skills developed will be in a range of sports and activities. These include:

Dance
Health & Fitness
Football
Volleyball
Handball
Basketball
Zumba
Yoga & Mindfulness

Assessment

Sports Leaders Award

Assessment: 2 years – practical assessment

Awarding body: Sports Leaders UK

Qualification: Sports Leaders Award L1

Students will be given a measure of effort in their chosen sport pathway.

Careers & Progression

Exercise specialist, personal trainer, nutritionist, yoga instructor.

All areas support wellbeing in whichever career pathway students opt to follow. Wellbeing is central to our curriculum.

Guidance & Advice

Further Reading:

<http://www.bbc.co.uk/education/subjects/znyb4wx>

<http://www.brianmac.co.uk/index.htm>

<http://www.teachpe.com/>
