

## 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 make options about the pathway they follow in Year 10 & 11.

Y10 Students have 2 hours of Core PE per week, until the end of Year 11 where they move to 2 hours per fortnight.

Within Core Sport & Health students have 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

Students will be assessed using the practical subject ACS level descriptors ASSURED, SECURE, DEVELOPING and EMERGING. An average grade will be given from all activities completed during the academic year.

### Careers & Progression

Exercise specialist, personal trainer, nutritionist, yoga instructor.

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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/>

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