

Core Sport & Health

Duration, Delivery and Study Mode	Every student in Y12 receives 2 hours per fortnight to take part in sport & physical activity.
Start Date	October

Course Details

At Alperton we give all students in Y12 two hours of allocated time to take part in sport and physical activity. The offer of activities is split into 3 areas of study; Sports Leadership, Recreational Activity and Health & Fitness. Students are given a taster in each of these types of activities, and then allowed to opt for the pathway that best suits them. The aim of the time is to encourage the maintenance of healthy lifestyles while balancing studies and exam preparation, as we would do on leaving full time education.

Course Details: What Will You Learn?

<u>Sports Leaders Award</u>	<u>Health & Fitness Pathway</u>	<u>Recreational Pathway</u>
Follow the national accreditation for Level 2 Sports Leader Award. Learn about safety and organisation of leading sports. Design sessions for younger students in a range of sports. Deliver sessions in our local primary schools. Support sports clubs after school.	Focussed on developing individual fitness. Experience a range of fitness training methods both on and off site. Visit local facilities to increase confidence. Support clubs after school. Designing fitness training programmes that support a healthy lifestyle.	Focussed on participation and enjoyment of a varied number of sports. Learn rules and how to be an official in a range of sports. Support clubs after school. Commitment to taking part in sport for enjoyment. Open minded to try new activities.

Course Details: How will you be Assessed?

Students are not assessed in Core Sport & Health. Attitude to learning is recorded for every student across the academic year, with the focus being on applying full effort in the chosen pathway.

Course Details: Entry Requirements

NA - This course does not have any entry criteria.

Course Details: How will you Learn?

All lessons are practical.

Course Details: Equipment / Materials you will need

All students are required to wear ACS 6th form sports kit.