

PE provides excellent opportunities for you to develop all of the key skills that are important when you leave school. PE helps you to improve your life style and achieve a healthy wellbeing.

This course builds on:

- The programme of study at KS3
- Previous experience of the students in undertaking a variety of roles, including performer, coach and umpire

The course aims to:

- Develop confidence in a range of physical skills and activities
- Help students value the contributions that PE has upon their health, wellbeing and lifestyle
- Give opportunity to carry out a range of activities to boost both mental and physical health

Coursework:

- Throughout the Key Stage, students are given opportunities to participate in physical activities conducive to a healthy lifestyle
- Students are encouraged to play the full version of competitive games or athletic events and experience a variety of roles, including performer, coach and umpire

Examination:

- There is no exam in this subject

Progression Pathways to further and higher education:

- The opportunity to participate in a range of sports and leisure activities will allow students to have a clearer understanding of how to keep both mentally and physically healthy into adult life.

Career Opportunities:

- Coaching/umpiring