



Core Physical Education (PE)

Year 9 and Year 10 students have three core P.E. lessons every two weeks and Year 11 have two. Activities are provided on a modular basis, but in Year 10 students are offered the opportunity to have more control over their curriculum, students choose from a wide variety of different sports each term and have the option to try some off-site activities. Year 11 students have the opportunity to try new sports such as pop lacrosse, flag football, volleyball, trampolining and golf.

Students are encouraged to attend extracurricular sports clubs, and fixtures are arranged against other schools in the same way as for Key Stage 3.

Students can choose **GCSE PE** or **Sports Studies** as an option and will begin the course in Year 9.

GCSE PE (9-1)

The delivery of this course takes place through both theory and practical lessons. Over the three-year course, students are assessed on their theoretical understanding and practical ability. This course consists of two externally examined (60%) and two non-examined assessment components (40%).

Students will study and be assessed on their ability to perform a variety of skills in isolation, as well as their ability to perform in a competitive situation in 3 sports (one in a team sport, one in an individual sport and a third in either a team or an individual sport).

Year 9

- Applied Anatomy and Physiology
- Movement Analysis
- Physical Training
- Use of Data

Year 10

- Personal Exercise Programme
- Health, Fitness and Well-Being
- Sports Psychology

Year 11

- Social-cultural influences
- Revisit, deepening and application of theory.

