

# Physical Education (National Curriculum)

## Course Aims

Students will be given the opportunity to participate in a wide range of activities and will select two to study in detail. Within their activities they will be guided and encouraged to develop into an effective individual performer and team player and will learn various rules of all games and activities. Each student will develop their ability to evaluate their own and other's performances by means of practice, coaching and refereeing or umpiring. Within all lessons, students will follow aspects of health related exercise and will develop their understanding of the effects of exercise on the body.

## What you will study

All students have two, fifty-minute lessons per week and each activity is taught on a 6-8-week rota. The following activities are offered:

### Outwitting Opponents

**Basketball, Badminton, Rounders, Netball, Volleyball and Football** - will involve basic and advanced skills, techniques, tactics, rules, scoring, umpiring and refereeing.

### Accurate Replication

**Trampolining** - work covered will involve basic skills, safety issues, techniques and routines possibly leading up to the BTF Star Award Scheme.

### Identifying & Solving Problems

**Outdoor Education** - work covered will include skills and techniques specific to orienteering, problem-solving tasks and teamwork challenges.

### Exercising Safely & Effectively

**Fitness** - work covered will include aspects of health and fitness, looking at levels of fitness and participating in various fitness tests and training exercises to promote healthier lifestyles. Students will have the opportunity to design their own fitness programme and carry it out in our fitness suite.

### **Interform Competitions (Year 10/11 – Winter/Summer Term/)**

All students will have the opportunity to participate in a physical activity of their choice or take part in a variety of inter-form competitions. This will depend on interest, ability, staff and facilities available.

Physical Education is an essential part of the National Curriculum and there are concerns at the highest level of government about the decline in fitness and participation amongst young people today.

It is therefore school policy that all students participate in every Physical Education lesson. **If students forget their kit then it will be provided for them to use. Physical exercise is necessary for health and we expect parents/carers to ensure their daughter's participation.**

## The Facts

Subject	Time Allocation	Assessment
Physical Education	2 x 50 min lessons per week	All students are required by law to continue Physical Education until the end of Year 11. Students will be assessed on their effort and participation through the learning indicators.
<b>Further study and future careers</b> Keeping fit and maintaining a healthy life style helps students stay mentally alert and able to learn. Being a healthy person will be an advantage in any future career. It develops both their mental and physical wellbeing, as well as social skills such as teamwork and leadership.		

**For further information talk to  
Mrs W Tarlton**