

LHA Physical Education (PE) CURRICULUM



Further Education Pathways
Progress to A Level PE, BTEC Sport, T Level Sport, apprenticeships, or college courses in sport, health and fitness.

Careers in Sport and Fitness
Opportunities in teaching, coaching, personal training, fitness instruction, sports development, and leisure management.

Health and Wellbeing Careers
Pathways into physiotherapy, sports therapy, occupational therapy, nutrition, and healthcare professions.

Leadership and Employability Skills
Develop teamwork, leadership, communication, organisation, decision-making, and resilience valued by employers.

Lifelong Health and Physical Activity
Gain the confidence and understanding to make informed choices about physical activity, fitness, and lifelong wellbeing.

