

Enter into a 'life of physicality', in which you can independently maintain your health and fitness

LHA Physical Education

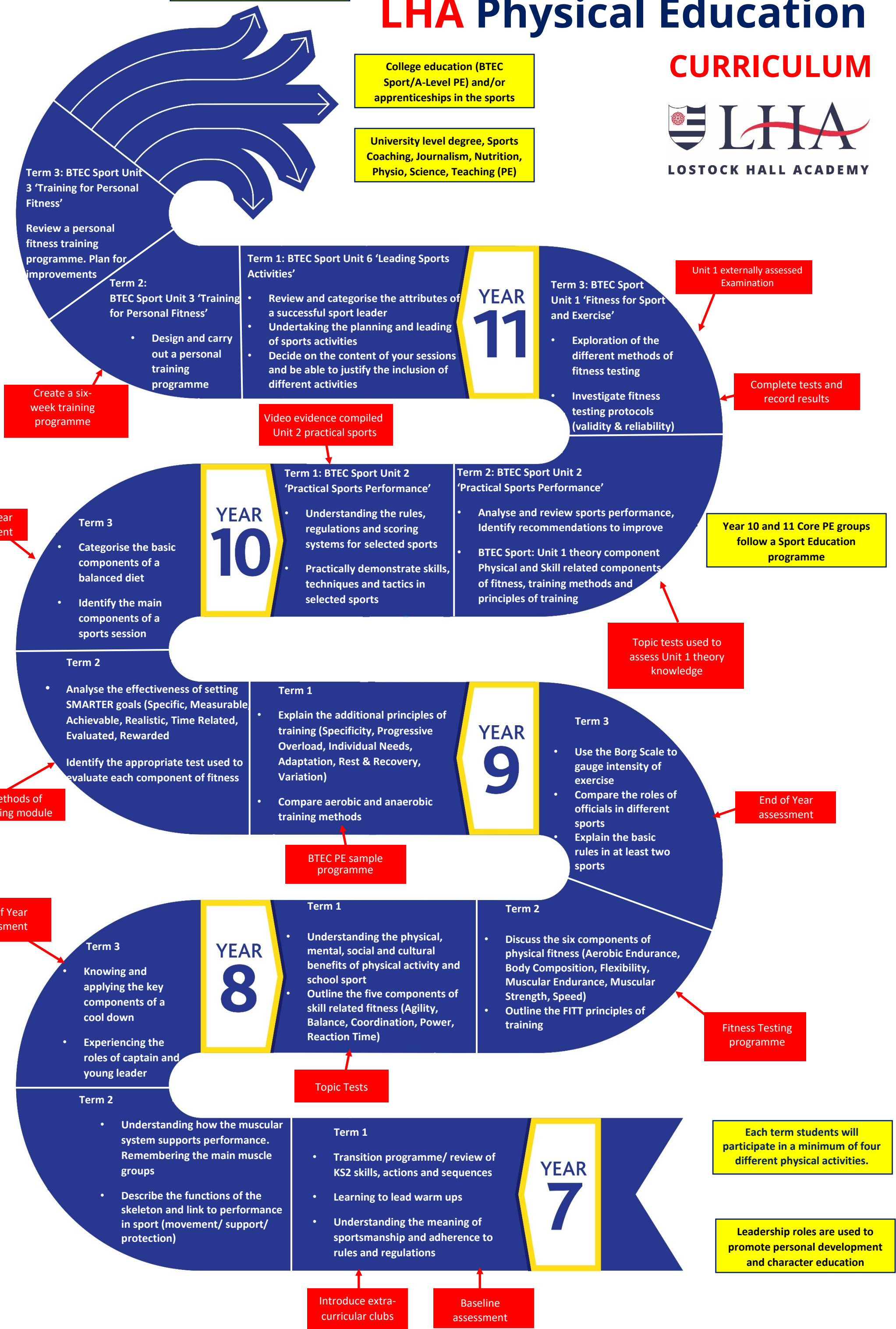
CURRICULUM



LOSTOCK HALL ACADEMY

College education (BTEC Sport/A-Level PE) and/or apprenticeships in the sports

University level degree, Sports Coaching, Journalism, Nutrition, Physio, Science, Teaching (PE)



Unit 1 externally assessed Examination

Complete tests and record results

Year 10 and 11 Core PE groups follow a Sport Education programme

Topic tests used to assess Unit 1 theory knowledge

End of Year assessment

Fitness Testing programme

Each term students will participate in a minimum of four different physical activities.

Leadership roles are used to promote personal development and character education

Video evidence compiled Unit 2 practical sports

Create a six-week training programme

End of Year assessment

Methods of training module

End of Year assessment

BTEC PE sample programme

Topic Tests

Introduce extra-curricular clubs

Baseline assessment