



## Core Subject

# PE

### Overview

The core PE curriculum aims to

- promote enjoyment of sports
- encourage students to strive for, and to achieve their potential;
- motivate students to wish to participate in recreation outside school and after leaving school;
- promote a healthy lifestyle
- promote social interaction and communication skills
- Participate in a wide range of sporting activities
- Development of leadership skills

The programme will build upon existing knowledge, skills and understanding and encourages you to take a more active role in the organisational, safety and health-related aspects of physical activity.

### Assessments

Students will be assessed through a skills matrix in order to monitor their progression and to see how to help the student improve.

### Yr 9 Foundation:

Non – exam based

### Yr 10-11 Progression:

Non-exam based

### Post 16 Progression

An active lifestyle, as promoted through the core PE lessons, is an essential component of your future wellbeing.