

CORE PE



All pupils in years 9 to 11 will receive 3 x 1-hour lessons of core PE every fortnight. There are 5 guiding principles which drive the delivery of core PE at Astley:

1. Developing skills and techniques across a range of physical activities. We aim to allow our pupils to achieve their unique potential within physical activity and sport. Pupils will be guided on how to improve their sporting skills and how to access opportunities outside of the curriculum.
2. Developing decision making skills. Pupils are taught how to select and apply a range of skills and tactics, across a range of sporting activities, in order to be successful. Pupils are given the opportunity undertake different roles within lessons (performer, official and coach) and experience the decision making requirements of each, regardless of physical prowess.
3. Developing physical and mental capacity. Pupils will be given the opportunity to improve the physical and mental well-being through participation in core PE. Pupils will look at what their own physical strengths and weakness are and be guided on how to improve them. Students will also learn about how behave with respect and tolerance when competing in competitive situations (accept winning and losing in the appropriate manner, accepting referee's decisions).
4. Evaluating and improving performance. Pupils will be taught how to analyse their own performance and describe methods of improvement. Pupils will undertake the role of a coach/manager and endeavour to make improvements to the performance of their team or to a peer's skill level and/or tactical understanding.
5. Making Informed decisions about decisions about healthy active lifestyles. Pupils will be taught about the benefits of following a healthy active lifestyle. Lessons will include opportunities to discuss how the body reacts to exercise and the long term physical gains from regular participation. Pupils will also be taught about the mental and social involvement in sport (stress relieve, anxiety management, social mixing).

Activities range from:

- Football
- Netball
- Swimming (stroke and personal survival)
- Dance (including Zumba)
- Badminton
- Rugby League
- Fitness
- Tennis
- Multi-sports
- Trampolining
- Basketball
- Table tennis
- Rounders
- Cricket
- Athletics
- Softball

Pupils will be assessed against GCSE PE criteria.

For further details please contact Mr Lamb