



Physical Education KS3 & KS4

Is this course for me?

This course will appeal to those students who:

- Have an interest in fitness, health and athletic performance.
- Enjoy learning how the body changes and adapts with training.
- Wants to learn the psychological aspects of sport performance.
- Enjoy analysing, participating and observing physical performance.
- Shows an interest in the social, cultural and ethical areas of global sport.
- Shows a willingness to develop other roles within sport.
- Can practically perform within 2 roles

Physical Education in KS3

Year 7 - What will I do?

Students will complete a range of activities across the year including: Games, swimming, athletics, fitness, gymnastics and dance. Students will develop their practical performance, Their decision-making and problem solving, their ability to communicate and lead and their ability to analyse and improve performance. Students will develop an understanding of lifestyle choices and the benefits of exercise on fitness and health.

Year 8 - What will I do?

Students will begin to study activities in more depth and refine performance. They will continue to improve decision-making and take a more prominent role in leading. Students will develop corrective practices to improve their performance. Students will be encouraged to make informed choices on their health and fitness and will learn through the fitness units different aspects of fitness, health and training principles.

Trips & extracurricular activities

Students are encouraged to take part in extra curricular activities. The timetable is shared through pastoral tutors. Trips include a skiing trip to Italy, visits to top flight basketball, football and rugby games. There are teams and clubs for a wide range of activities and we are always looking to expand on this.

Physical Education in KS4

Is this course for me?

Students need to perform practically at a high level in two activities outside school or three within school. The students will need good levels of attainment in science. This will appeal to students who are interested in a holistic view of sport and are inquisitive. An interest in current issues and events in sport will help students to apply their knowledge.

What will this course prepare me for?

Students who follow the course will develop their skills physically and mentally. As a result, this subject is fundamental in preparing students for many careers including education, as well as further study at undergraduate level. This is a theory heavy qualification with 70% of the marks being for performance across 2 exams.

The main topics cover;

- Applied anatomy and physiology
- Movement analysis
- Physical training
- Use of data
- Sports psychology
- Socio-cultural influences
- Health, fitness and well-being