

Physical Education

What will I learn?

The student will develop their practical skills in a variety of different sporting activities as a performer, coach and as an official. In addition there is a strong emphasis on developing their theory knowledge of the factors that affect performance. They will develop a theoretical knowledge of the human body, movement, socio-cultural influences and well-being in physical activity and sport

What do I need to know before I can start the course?

No specific knowledge is needed as it will follow on from the work the students have been doing within PE in Years Seven and Eight.

What does the course involve?

All students will develop their individual skills and tactics across a variety of sports. Students will focus on the fundamental components of fitness that are required for success across their chosen sports. Through theory topics students will learn how the Body systems impact on performance and health and how to improve their own personal fitness for sporting success. The student will also be able to analyse their own performance, identifying strengths and weaknesses to improve.

All students will follow a Physical Education course that is suited to their individual needs and potential, with the option to obtain a GCSE or Vocational qualification.

What can I do after the course? What careers will this course be useful for?

This course will develop a wide range of transferable skills such as self-appraisal, evaluation, leadership, communication, decision making and problem solving which are important in their future careers. Specifically, students can progress to Technical Certificates and other Level 3 vocational qualifications such as BTEC National Diploma in Sports and A levels.

Who can I talk to for more information?

Please see Miss Douglass for further information.