

# Physical Education (PE)

## PE course overview

Students will be given the opportunity to develop cognitively, physically and socially in a series of different performance and sport related environments. Each student will be encouraged to strive for improvement, whether that be in relation to technical performance, leadership behaviours or self-esteem and confidence. The course endeavours to support each student's pursuit of an active and healthy lifestyle whilst safeguarding their general wellbeing.

Students will receive 2 hours a week in year 9 & 1 hour in years 10 & 11. Throughout the year your teachers will make links across the curriculum and knowledge from subjects such as Science, Maths, English, History and Sociology will be applied to the practical performance environment.



|          | Y10 & Y11   |
|----------|---|
| Autumn 1 | Options - Football, Multi-Sports, Table Tennis, Badminton, Basketball         |
| Autumn 2 | Options - Badminton, Multi-Sports, Football, Basketball, Fitness, Netball     |
| Spring 1 | Tag Options - Fitness, Multi-Sports, Football, Tag Rugby, Dance, Table Tennis |
| Spring 2 | Options - Multi-Sports, Badminton, Football, Basketball                       |
| Summer 1 | Options - Multi-Sports, Softball, Cricket, Handball                           |
| Summer 2 | Options - Tennis, Multi-Sports, Rounders, Cricket                             |



## Assessment and feedback

Students will be assessed holistically in all lessons, with teachers looking at the following areas to inform progress and development.

| Football                     |                            |                  |                                  |            |                    | Atol       |               |          |
|------------------------------|----------------------------|------------------|----------------------------------|------------|--------------------|------------|---------------|----------|
| Practical                    |                            |                  | Cognitive                        |            |                    | Social     | SCon          |          |
| Fitness/ Physical Attributes | Isolated Skill Development | Game Performance | Theory Knowledge & Understanding | Creativity | Tactics & Strategy | Leadership | Communication | Teamwork |
|                              |                            |                  |                                  |            |                    |            |               |          |



## Who can I contact for further advice or support?

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