

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 1 hour a week in Years 10 & 11. Throughout the year, 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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