

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, Badminton, Netball, Basketball, Tag Rugby
Autumn 2	Options - Badminton, OAA, Football, Basketball, Fitness, Netball
Spring 1	Tag Options - Fitness, Gymnastics, Football, Tag Rugby, Dance, Table Tennis, Hockey
Spring 2	Options – Hockey, Badminton, Football, Basketball, Gymnastics
Summer 1	Options – Rounders, 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 Cognitive and physical skills required as well as instilling a lifelong love of sport to take into KS4 and beyond. Students will be allocated sets, based on their preference. All students who choose sport studies as an option will be in the competitive group to further support their development.



Who can I contact for further advice or support?

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