



**Head of Department – Mr N Jones**

## **P.E**

### **What will pupils gain from this subject?**

Throughout PE pupils will gain much needed exercise through a variety of activities. Physical Education within the school promotes healthy living, develops team building skills and an ability to work as part of a team. Physical Education allows personal development as well as perseverance and from this motivation and pride is developed.

## **The Content of Key Stages**

### **Key Stage 3**

Throughout KS3 pupils develop their understanding of exercise such as co-ordination, balance, agility through the study of activities such as basketball, rugby, netball, gymnastics, dance, health related fitness, badminton, athletics and baseball.

### **Key Stage 4 (GCSE)**

At KS4 pupil will follow the BTEC L2 skills and activities for sport and active leisure course, where they will study:

- Sports injuries
- Practical team/individual sport

### **Key Stage 5 (AS/A level) Year 1**

At KS5 pupils have an opportunity to study the BTEC Sport L3 choosing either the Subsidiary Course or the Diploma in Coaching and Fitness Course. Students will study:

- Principles of Anatomy and Physiology in Sport
- The Physiology of Fitness
- Assessing work
- Training and fitness programming

- Fitness testing for sport
- Sports Development (Diploma only)
- Sports Nutrition (Diploma only)
- Rules and Regulation of Sport (Diploma only)

## **Year 2**

Students will study:

- Fitness Training and Programming
- Sports Coaching
- Practical Team Sports
- Current Issues (Diploma only)
- Exercise and Healthy Lifestyles (Diploma Only)
- Instructing Physical Activity (Diploma Only)