



CORE PE

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

Course content

Year 10 PE follows a pathways programme where pupils get to complete pathways in; Aesthetics, Traditional games, Non-traditional games, Health related fitness, Striking and fielding and Athletics.

Pupils get to learn more about the health benefits of exercise for both the body and mind.

In year 11, the Physical Education programme continues to an options programme designed to support pupils in finding activities that they can make good progress in and enjoy. We aim to ensure that all pupils leave us with a passion for physical activity and can have a pathway into participation outside school.

Focus

- Applying skills in games situations, making and applying tactics and strategies. Enjoyment of PE for lifelong learning and physical activity.

Year 11 plan:

Date	Option 1	Option 2	Option 3	Option 4	Option 5
Autumn 1	Football	Gym/Fitness	Basketball	Table Tennis	Zumba
Autumn 2	Football	Rugby	Trampolining	Badminton	Gym
Spring 1	Football	Hockey	Benchball	Climbing	Gym
Spring 2	Rugby	Hockey	Tchoukball	Volleyball	Gym
Summer 1	Rugby	Athletics	Cricket	Softball	Tennis

For more information

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