



# Physical Education

*“Every accomplishment starts with the decision to try.”*

Anon

## Course content

Core Physical Education is taught across the school to all pupils. Carr Manor Community School has excellent sporting facilities which include a Climbing Wall, AstroTurf and Multi Use Games Area (MUGA).

Core Physical Education covers a range of different sports, including team games, outdoor games and adventurous activities. Physical Education will develop coordination, team building and communication skills.

## Skills developed

- Organisation
- Leadership
- Communication
- Team work
- An extensive knowledge of the importance of physical activity and a healthy lifestyle

## Topics covered

- Climbing
- Orienteering
- Dance
- Trampolining
- Badminton
- Cricket
- Netball
- Football
- American Football
- Softball
- Tennis
- Gymnastics
- Rugby
- Hockey

For more information

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