

Year 7

Physical Education

Pupils have five lessons over two weeks and wear a school PE kit. Notes from parents are required if pupils are to be excused from physical activity. All valuables should be placed in a valuables box which will be locked away in the PE teacher's office during lessons.

Modules in Year 7 include: Gymnastics, Dance, Rugby, Netball, Basketball, Football, Tennis, Cricket, Athletics and Rounders.

Pupils are assessed at the end of 3 selected modules, in line with the National Curriculum and school assessment policies.

The PE department offers a wide range of extra curricular activities and all pupils are encouraged to participate on a regular basis.

Year 8

Pupils have five lessons over two weeks and wear the school PE kit. Notes from parents are required if pupils are to be excused from physical activity. All valuables should be placed in a valuables box, which will be locked away in the PE teacher's office during lessons.

Modules in Year 8 include: Gymnastics, Dance, Rugby, Netball, Basketball, Football, Tennis, Cricket, Athletics and Rounders.

Pupils are assessed at the end of 3 selected modules, in line with the National Curriculum and school assessment policies.

The PE department offers a wide range of extra curricular activities and all pupils are encouraged to participate on a regular basis.

Year 9

Pupils have two lessons each week and wear the school PE kit. Notes from parents are required if pupils are to be excused from physical activity. All valuables should be placed in a valuables box, which will be locked away in the PE teacher's office during lessons.

Modules in Year 9 include: Gymnastics, Dance, Rugby, Netball, Basketball, Football, Tennis, Cricket, Athletics and Rounders.

Pupils are assessed at the end of 3 selected modules, in line with the National Curriculum and school assessment policies.

The PE department offers a wide range of extra curricular activities and all pupils are encouraged to participate on a regular basis.

Year 10

GCSE

Practical areas:

Pupils will study 4 sports from the following areas:

Football, Basketball, Netball, Cricket, Rounders, Athletics, Tennis, Fitness Training and Trampolining.

Course breakdown:

50% Based upon practical performance of your four best sports.

10% Analysis of Performance – skill analysis, rules, regulations, Personal Exercise Programme.

40% Written Paper – Anatomy & Physiology, factors affecting participation, Training and Safety.

Homework:

Homework will be issued fortnightly.

Year 10 & 11 non-GCSE

Pupils not opting for GCSE P.E. have one lesson per week. Sports covered include Basketball, Football, Netball, Rounders, Cricket, Athletics, Trampolining, Fitness and Canoeing. The Junior Sports Leaders Award will be offered as an option to pupils in Year 10.