



## Key Stage 4 Options

### Subject – PE

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#### Course: Core PE

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#### Course Outline

Within core PE students are given one double lesson per week in which they follow the National Curriculum guidelines, experiencing sports from the following categories:

- Invasion games
- Net/wall games
- Health related fitness
- Gymnastics/Trampolining
- Striking and fielding
- Swimming
- Athletics

#### Assessment

Students are assessed throughout each unit of work and are given a National Curriculum level in relation to their level of ability in each area.

#### Suitability

This is a compulsory part of secondary education for all students.

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#### For further information contact:

Mr M Phipp, Head of PE

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