

CORE PHYSICAL EDUCATION

Core PE ensures that children aged between 14-16 take part in at least 2 hours of physical activity per week during term time.

With the facilities which will be available students will be given a choice of 2 activities per term providing a broad and balanced curriculum. The choices will be dependent upon the sporting seasons.

Autumn term

- Football and Netball
- Rugby and Handball

Winter term

- Basketball and Table-tennis
- Trampolining and Badminton

Spring and summer

- Rounders and cricket
- Volleyball and athletics

Following on from the schools Duke of Edinburgh programme the PE department will be offering external Outdoor Adventurous Activities (OAA) which will include: Canoeing, Kayaking, Climbing, Caving and Archery.

We will also be offering JSLA Junior Sports Leader Awards and numerous sporting qualifications such as level 1 coaching and refereeing.

How can core PE help me after I leave school?

Following on with additional training, you could pursue many jobs in the health and fitness industry for example; Coaching, sport and leisure management tourism.

This course helps to highlight intra personal skills such as communication, team work and leadership all of which are valuable assets in the work place.