

CORE SUBJECTS



PHYSICAL EDUCATION

Physical Education aims to promote a healthy lifestyle through active participation in lessons. Students will develop fitness, coordination, and physical competence through selected activities, including major team games and individual sporting activities.

Learning requires developing self-confidence, cooperation, tolerance, and appreciation of strengths and weaknesses. Students are expected to plan, execute, and evaluate actions, ideas, and performances in individual, group, and team activities.

At Key Stage 4, pupils refine techniques in their chosen activities to achieve more consistent and effective performances. This process allows pupils to discover their aptitudes, abilities, and preferences and to choose how to engage in lifelong physical activity.

Physical Education provides opportunities to be creative and competitive and to face different challenges when participating, either as a performer, coach, or official.



If you have any questions or queries about this course, please do not hesitate to contact your **Physical Education teacher**.

