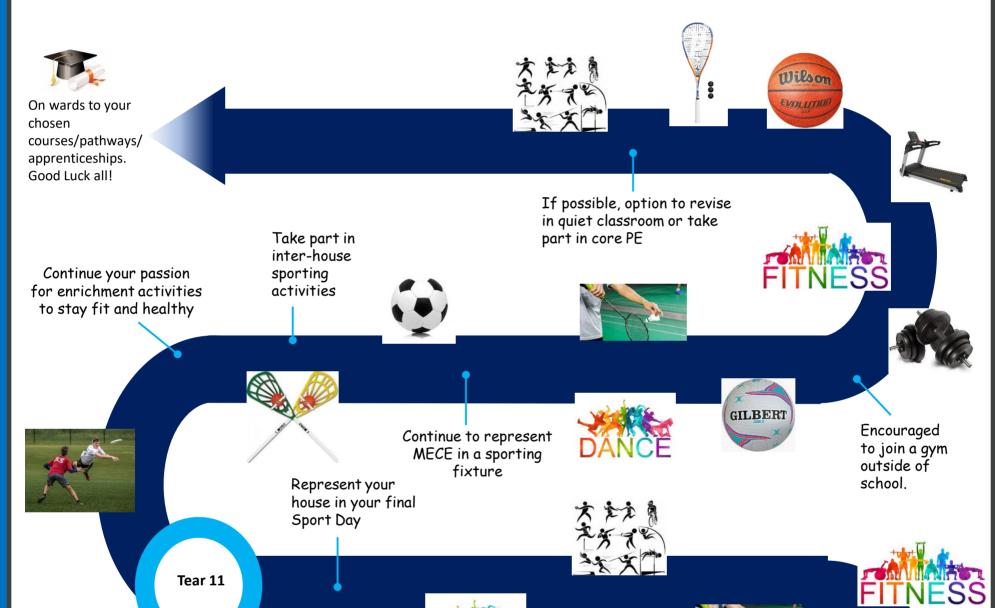
Importance Of PE

Creating A Better You

Teaches Self Discipline Improves Physical Fitness Develops Leadership Qualities Improves Academic Performance Develop Healthful Social Interactions Contributes To A Good Mental Health Improves Self-Confidence & Self-Esteem



KS4 Core PE Curriculum Journey





CURRICULUM PATHWAY FOR Key Stage 4

All students will participate in weekly core PE lessons in years 10 and 11 and be provided with an effort grade during the 4 assessment windows. Timetable depending, you will have a choice of activities during each half term and this is aimed at providing you with a range of alternate sporting activities as well as health and wellbeing activities. Those students opting for an exam subject within Physical Education will be assessed through relevant criteria.

