

## Core Physical Education (PE)

### What is core PE?

The aim of core PE is to encourage learners to adopt a healthy, active lifestyle. Learners will experience new activities and will hopefully find an activity that they will continue with once they have left school.

### Why is it compulsory?

PE is a compulsory National Curriculum subject. Learners are entitled to two hours PE a week; this is in addition to any examination course (BTEC Sport or GCSE Sport Studies) that learners opt for.

QCA state that PE contributes to:

- Successful learners who enjoy learning, make progress and achieve.
- Confident individuals who are able to live safe, healthy and fulfilling lives.
- Responsible citizens who make a positive contribution to society.

### What activities will I do?

Boys will be settled on general games ability and will then follow a set programme which still gives them some flexibility in terms of the activities chosen. Activities include indoor sports (badminton, volleyball, basketball and handball), outdoor sports (football, rugby, softball and cricket) and fitness (including boxercise and circuit training)). There will be a focus on sports leadership throughout the key stage.

Girls have an options programme with a variety of new activities including pilates, yoga, step aerobics, studio cycling, trampolining as well as the more traditional games activities.

### What kit do I need?

We still expect you to wear your school PE kit. Girls can wear a black school hoodie, plain white or black T shirt, dark tracksuit pants or shorts. The boys' kit is the same as for key stage 3.

