



Physical Education—GCSE

Year: 9/10/11

“No matter what or where you come from if you work hard at something you can do it”

Mo Farah

Course content

Our KS4 Core Physical education program is delivered across the whole school to all pupils in an inclusive and progressive style in a flexible manner which allows us to deliver to the strength of our students. Enjoyment and participation being at the forefront of our teaching. Exceptional performance is consistently strived for and reached by many of our students. A key feature at KS4 is the use of ‘Wetherby Leisure Centre’, Sports Leaders program and more opportunity to participate in Dance/Fitness/Health Related activities within the curriculum. Sports teams representing the school include: Football, Trampolining, Rugby, Badminton, Netball, Hockey, Athletics indoor and outdoor, Extensive Leadership program continues.

Skills developed—Knowledge on

- Bones, Muscles, Joints
- Biomechanics
- Sponsorship and media
- Characteristics of Skills
- Diet and nutrition
- Components of fitness

Topics/activities covered

- Anatomy and Physiology
- Psychology
- Socio-cultural
- Controlled assessment—coursework analysing a performance in your chosen sport
- Assessed in 3 practical activities

For more information

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