



# Physical Education—Core

Year: 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

- Leadership
- Communication
- Team work
- Health and Fitness development

For more information

**Mr Nightingale**

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## Topics/activities covered

- Football
- Fitness
- Trampolining
- Gymnastics
- Rugby
- Badminton
- Netball
- Hockey
- Athletics
- Rounders/Baseball
- American Football

