

**Core PE**

<b>INTRODUCTION</b>
You will follow a general physical education course involving four one hour lessons each fortnight in Year 10 and 11.
<b>WHAT TOPICS WILL I STUDY DURING THE COURSE?</b>
The General PE Course is designed to introduce you to many of the "social" sports available to you outside school in the many Youth Clubs, Sports Clubs and Leisure Centres in the area. Sports like Badminton, Basketball, Table Tennis, Tennis, Trampolining, Health Related Fitness and Volleyball are added to the existing range of traditional team games. You will study the various sports in half-termly blocks and by the end of Year 11 you should have a good knowledge of the skills and rules involved in some of the different sports.
<b>WHAT SKILLS WILL I USE AND DEVELOP?</b>
You will use and develop skills already acquired and learn new skills associated with the wider range of sports offered. The course is also designed to be an enjoyable and energetic contrast to your other studies, leaving you refreshed and stimulated and able to concentrate better on your academic work!
<b>WHAT EXAMINATIONS WILL I TAKE?</b>
None.
<b>HOW WILL MY WORK BE ASSESSED?</b>
Your performance and knowledge of different sports and activities will be continually assessed over the three year period.
<b>HOW WILL THE COURSE HELP ME WITH MY FUTURE CAREER?</b>
<p>The General P.E. Course also encourages you to be aware of the value of physical fitness to health. Qualities of organisation, leadership and teamwork are developed, giving you a greater confidence and awareness of the value of their contribution to society – helping to bridge the gap between school and adult responsibilities.</p> <p>If you show special interest in any area will be encouraged and helped in the selection of an appropriate adult club to move on to during or after school.</p> <p>Many of our ex-students are already leading members of clubs in the locality.</p>
<b>WHO SHOULD I CONTACT FOR MORE INFORMATION?</b>
<p>Any of the PE department.</p> <p>moss@theoaksacademy.co.uk,</p> <p>gwhite@theoaksacademy.co.uk,</p> <p>rturner@theoaksacademy.co.uk</p>