

# Core PE

## What will I study?

If you select core PE you will have two lessons of practical PE each week. You will be given a choice of what sport you complete. These may include using the fitness suite, netball, table tennis, dodgeball, badminton and football. In Core PE there are no theory lessons, no course work to produce and no formal qualification to work towards

## How is the course assessed?

In Year 10 and 11, only your approach to learning is assessed.

## How will the course help me in the future?

Regular exercise is an important part of a healthy lifestyle. People who lead an active life are more likely to live longer and less likely to develop serious diseases such as heart disease and diabetes. Participation in regular exercise also helps to reduce anxiety and lowers your risk of other mental health conditions such as depression. Through participating in your weekly PE lessons you will gain many benefits and during your two years we will aim to instil in you a love for sport that will take you into your 6th Form studies and beyond.

## Are there any pre-requisites for taking the course?

No, you should just approach lessons with enthusiasm. The more you put into it, the more you will get out.

## Which member of staff should I contact for more information?

Mr Woodley