

Core PE



Career Options

PE Teacher
Sports Coach
Physiotherapist
Armed Forces
Uniformed Services

Subject Content

Component 1 – Team Games

You will participate and develop your skills in a variety of team games such as football, basketball, rugby, netball, cricket, hockey and more. You will learn to analyse your own performance and suggest areas for improvement.

Component 2 - Individual Sports

You will participate and develop your skills in a variety of individual Sports such as Athletic Events, Tennis, Table Tennis, Badminton, Orienteering and more. You will learn to analyse your own performance and suggest areas for improvement.

Component 3 – Health and fitness development

In this Component you will participate in a range of fitness-based activities, including circuit training, boxercise, dance, swimming and Personal Survival training. You will also design a fitness training programme tailored to meet your personal training goals, in order to help you improve your overall fitness and sporting performance

Component 4 – Striking and Fielding Sports

In this component you will develop your skills in striking and fielding games, such as softball, rounders, cricket and baseball. You will also look at how to identify weaknesses in the opposition and devise tactics to overcome them.

Component 5 – Sports Leadership

In this component you will be introduced to and helped to develop your sports leadership skills. You will learn to lead your own sporting sessions, warm-ups and how to officiate games. This provides you with what could be your first step into sports leadership and could be linked to the completion of a sports leader's award!

Assessment Information

Your assessment in PE will be on-going, through the full range of different sports and activities that you will participate in.

You will be assessed in:

- Your application and development of your practical skills
- Your knowledge and understanding of the rules and regulations of different sports
- The development of your health, fitness and wellbeing
- Your leadership skills
- Your officiating skills
- Your ability to analyse a performance (either your own or somebody else's)

Why Study...?

Participation in PE is essential to help you maintain a healthy and active lifestyle. You will participate in a wide range of different sports and activities, including less traditional sports, to try and broaden your experiences. You will learn how to create your own fitness plans, develop your understanding of the rules and regulations of different sports, and develop essential leadership and teamwork skills that you will be able to use in everyday life.

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