

## Core PE lessons — all students

### What is Core PE?

Core PE lessons are the standard PE lesson that every student is required to take in schools, up to the age of 16.

Limehurst PE dept has the following aims with regard to Core PE:

- *To promote a healthy and active lifestyle*

- *To encourage participation in lifelong sport / physical activity*

- *To develop key life skills (such as teamwork; co-operation; communication; discipline)*

- *To provide an opportunity for students to learn about their strengths and weaknesses in a practical setting*

*We make PE lesson fun and engaging and all we ask in return is that students have a go and turn up to each lesson with a positive attitude!*

We will achieve these aims through a variety of different sports and physical activities, such as:

Athletics	Fitness/Health Related Exercise	Softball
Badminton	Football	Table Tennis
Cricket	Hockey	Volleyball
Dance	Rounders	and more...

### Year 7, 8, 9 Core PE

All students have 3 lessons of Core PE a week. This is fantastic as so many schools across England only manage 1 or 2 PE lessons a week!

**Assessment** – students will be assessed in the following areas:

1. How students perform as a **PARTICIPANT** in each area they do (i.e. athletics; rugby; netball; table tennis etc).
2. How students can perform when in a **LEADERSHIP** role (this will be looked at over all areas taken and can improve as they year progresses).
3. How students are at **WORKING WITH OTHERS** (this will be looked at over all areas taken and can improve as they year progresses).
4. How well students demonstrate **COMMUNICATION** skills with others (this will be looked at over all areas taken and can improve as they year progresses).

Students will cover the following activities in year 7, 8 and 9 as a minimum content: Athletics, Badminton, Basketball, Fitness Activities, Gymnastics, Football, Netball, Rugby, Table Tennis, Rounders and Softball. Dance is covered in year 7, 8, 9 for girls and currently only in year 7 for boys but this does not mean it will not happen in year 8 and 9 for the boys.

In addition to these activities, students may experience other activities (depending upon when their lesson fits in) such as: Cricket, Dodgeball, Hockey.

### Year 10 and 11 Core PE

All students have 1 lesson of Core PE a week. In year 10/11 we do not formally assess performance in practical activities. We simply look at attitude to learning; teamwork; communication whilst teaching various different practical activities from the list above.

### Is there a qualification?

There is not a qualification for Core PE. However we do offer students opportunities to take up leadership courses.

There is more information on leadership opportunities in extracurricular PE and sport.