

PHYSICAL EDUCATION

“Sport teaches you character, how to play by the rules. It teaches you to know what it feels like to win and to lose. It teaches you about life.” Billie Jean King

As a PE department we deliver a holistic approach to sport, exercise and wellbeing. We ensure that pupils learn not only skills for sporting activities, but also develop the tools to maintain a healthy lifestyle for life during and after their time at St Richard Gwyn.

We offer a broad range of extra curricular activities at lunchtime and after school, ranging from traditional school sports to more contemporary activities.

KS3

During KS3 We aim to provide pupils with as many opportunities as possible to develop their knowledge and skills in PE. Lessons focus around the key areas of the curriculum including : Creative, health and well – being, adventurous ,competitive.

The varied curriculum allows pupils to be introduced to new activities throughout the key stage and broaden their interest and enthusiasm for physical activity and wellbeing.

KS4

This course is both practical and theory based. Through studying GCSE Physical Education learners will acquire the knowledge, understanding, skills and values to develop and maintain their performance in physical activities and understand the benefits to health, fitness and well-being. They will develop theoretical knowledge and understanding of the factors that underpin physical activity.

KS5

The A-Level PE course has been designed to allow learners to develop an appreciation of **physical education** in a wide range of contexts. It is designed to integrate theory and practice with an emphasis on the application of theoretical knowledge. The contents of the course include psychology, sociology and anatomy and physiology, This is an excellent course for pupils wanting to pursue a career or further study in sport or health.

