

Curriculum Description – Physical Education

Physical Education at Woodlands provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. Students can choose from a variety of roles and activities in which to participate in physical activity. They will also learn how to analyse and evaluate performance and suggest effective plans for improvement.

Students will have the opportunity to study Physical Education at GCSE and Entry Level.

In lessons we;

- give students the opportunity to perform in a practical situation
- allow students to adopt a role other than player/performer, and assist in the application of this in a sport/activity
- enable students to make judgements, evaluating their own, or others performance, and suggesting ways in which it could be improved

Activities

As part of physical education lessons students will play team sports such as basketball, football, rounders and volleyball. They will also have the opportunity to play tennis, badminton, squash, as well as, gym sessions and athletics.

The main criterion is to offer a wide selection of activities which cater for the needs of each individual. A varied programme is in place utilising facilities and local amenities, such as Bellvue Park and Queensway Stadium and Gym.