

## Subject Overview

PE is the study of sport, health and fitness.

The subject includes:

- **Practical Activities:** exploring a variety of sports ranging from individual sports to team sports and building your skills and decision making within those activities
- **Performance Analysis:** reflecting on what you are good at and what you could improve on, or possibly of another person in the lesson
- **The importance of health:** how taking part in sport can keep you healthy so you can carry out other activities and aspects of life beyond school
- **Why is fitness important:** understanding the positive impact it can have on mental health and enhancing quality of life

## Student Outcomes

By studying PE, young people will develop a broad range of knowledge and skills:

- **Social Skills:** students will feel more confident in themselves regarding their well-being, their communication skills and can apply those in social situations
- **Technical Skills:** the ability to perform a range of techniques in a variety of sports, and recognise these skills are/can be transferable between sports (like skills which rely on good hand-eye co-ordination in Basketball and Handball)
- **Careers and Leisure:** students will know about a range of sport career pathways available to them and what venues are available in their area to continue their interests beyond school for their leisure.

## Qualifications

Studying opting to study P.E. in Key Stage 4 may be entered for:

- OCR Cambridge National Sports Studies  
<https://www.ocr.org.uk/Images/610953-specification-cambridge-nationals-sport-studies-j829.pdf>
- OCR Entry Level in Physical Education  
<https://www.ocr.org.uk/Images/336973-guide-to-non-exam-assessment.pdf>