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FRIENDSHIP
EXCELLENCE
INSPIRATION
DETERMINATION

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Year 9 Curriculum Information Evening

Subject:

Core PE

Subject Leader:

Mr Williams (2020 – 2021)

Mrs Heighway

What you will learn in Year 10

Students in year 10 will take one of three pathways based on their interests and drive in Physical Education.

Each of our exciting pathways and what they entail are listed below:

The Passion Pathway	The Pride Pathway	The Perform Pathway
<p>This exciting new pathway will give the students who undertake this the opportunity to gain leadership experience and look at the attributes of effective and successful sports leaders before then looking to apply these discoveries and attributes when leading and delivering sports sessions themselves.</p> <p>This pathway will also give the students who choose to take it the opportunity to officiate in a wide variety of sports and gain an appreciation of the laws associated with the sports explored before having to apply them themselves whilst officiating</p>	<p>The Pride pathway is another exciting new pathway we have introduced here at Erasmus Darwin Academy.</p> <p>This pathway will be for the students in our academy who want to learn about how to keep themselves or get themselves to the fitness levels they desire to be. This pathway will introduce students to how to run and the massive variety of fitness classes there are and which component of fitness each one works on improving. This pathway then lets students design and run a fitness training programme based on their aims and current fitness levels.</p> <p>Students will then end the year participating in a wide variety of recreational sports to inspire them to hopefully undertake one in their own time.</p>	<p>This pathway is designed for our GCSE PE and sports people who participate in activity outside of their time in the academy.</p> <p>The focus of this pathway is to help any student who takes it to raise their knowledge, understanding and importantly application of the key skills, techniques and tactics in many of the GCSE Sports explored.</p> <p>The aim of this pathway is to help these students to drive and make huge strides in raising their levels of performance to allow them to gain even higher grades in each sport explored.</p>

What you will learn in Year 11

As if that wasn't enough in year 10 but drive further in year 11.

Students in year 11 will explore a diverse and wide range of sports and activities so that they can find the sport for them.

Lessons focus on skill and tactic enhancement as well as ensuring that students understand and can apply the key laws effectively so that they can do this should they choose to take the activity up outside of their time in our academy.

Some of the sports explored will include:

Football, Netball, Handball, Rugby, Rounders, Cricket, Tennis, Softball, Badminton but to name a few.

On top of this a unit of fitness training will be covered for all of those aspiring personal trainers as well as helping students ensure they know how to plan and run fitness programmes with desired aims.

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Why participate in Core PE

Physical activity can have a profound effect on your physical and mental health.

Regular activity has been proven to '**reduce your risk of major illnesses**, such as [heart disease](#), [stroke](#), [type 2 diabetes](#) and [cancer](#) by up to 50% and lower your risk of early death by up to 30%' (NHS)

On top of this regular physical activity is proven to have many **physical benefits**. Some of these benefits include increased bone strength, muscle development, increase energy levels, allow for longer and better quality sleep, organ efficiency and health, but to name a few.

Physical activity has also been proven to aid with **mental health** because it releases hormones which help you to reduce stress, sleep better, improve self confidence, alleviate anxiety, make you feel more energised and just make you feel great.

There is no better way to escape the pressures of your examination subjects than having an hour of sport.

So lock in and load up ready for two years of amazing PE experiences!!!

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Post 16 Opportunities

Our core PE curriculum gives our students an insight into a wide variety of activities and sports, which we hope will inspire them to participate in activity for the whole of their lives.

We hope that students find the activity that appeals to them and pursue it long after they leave us. This could be as a ***performer, a sports leader, a coach or a manager or as an official***. Remember there is a sport and a position out there for everyone, it's our job to help you find it!

Many of our students have gone on and taken on these sporting roles after they leave our academy.

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Questions

