



Physical Education at Daubeny

The Physical Education Learning Journey:

In KS3 students have the opportunity to develop their techniques, applying them across a variety of sports and activities; analyse performance, understanding what makes it effective and how to apply these principles to their own and others' work; enhance their knowledge and leadership skills by coaching and officiating; develop an awareness of the long-term health benefits of physical activity.

In KS4 students will tackle more complex and demanding physical activities. They will develop tactics and strategies to overcome opponents; evaluate personal performance and refine technique in order to improve in a range of activities and thus achieve personal bests. Develop an awareness of the issues that contribute to an active, healthy lifestyle.



FUTURE PLANS:

2018/19: GCSE P.E.(OCR)

PTO for course details.

Plus leadership; coaching and officiating qualifications.



Physical Education in our Daubeny curriculum

Choose Physical Education and you'll learn how to challenge yourself physically and intellectually, developing problem solving and communication skills whilst working in a team or as an individual. You'll also have the opportunity to gain national coaching, leadership and officiating qualifications. These attributes, paired with your essential determination, will give you the sought-after transferable skills for success in further education and the workplace.

At the end of the Physical Education learning journey you could be a: sports writer; coach; sports apprentice; professional sportsperson; sports centre worker/ manager; physical training instructor (military); events organiser; sportswear/ equipment designer; teacher; fitness instructor; physiologist; sports physiotherapist; biomechanics lecturer; nutritionist. Which path will you take?



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