



Whitworth Community High School

Physical Education Department



Teacher in Charge: Mr Cawley
Teacher: Miss Mcvarish
PE Technician: Miss Bowater

Year 10 & 11 CORE Learning Overview

Organisation of the classes:

Physical Education is taught once a week for all years. Lessons are taught in various facilities including sports hall, fitness suite, tennis courts and outside. Over a half term unit, students cover a wide range of sports and are given various choices each week. The sports on offer are based on what is suitable for the time of year e.g. cricket in the summer and basketball in the winter.

Key Concepts

In the later year lessons we concentrate on maximising participation so that students have a lifelong desire to play sport. Students also learn the benefits of having a healthy and active lifestyle. Within the lesson students play competitive games to develop on the basic skills learnt in year 7,8 and 9.

What skills do I use in this subject?

- Problem Solving
- Whole body skills
- Fine motor skills
- Tactical and Strategy skills
- Leadership
- Communication

What will you be learning?

- Use a range of tactics and strategies to overcome opponents.
- Develop technique and improve performance.
- Take part in outdoor and adventurous activities which present intellectual and physical challenges.
- Evaluate performances compared to previous.
- Take part in competitive sports and activities outside school through community links or sports clubs.

How will you be learning?

- Peer coaching and evaluation
- Independent Learning
- Group/ Team/ Individual and Partner work
- Guided Discovery
- Teacher led activities
- Competitive situations.

How will your learning be assessed?

As the subject does not lead to a level 2 qualification there are no assessment opportunities within lessons. Students are expected to work to a high standard and give 100% effort in all lessons.

Home Learning

No home learning is set in Core PE lessons although students are encouraged to join in extra curricular clubs. These clubs lead to school competitions and allow students to develop the competitive side of sport against other schools.

Equipment needed?

Full Whitworth High School PE Kit as per the diary:
 Boys- top, shorts, socks, trainers, boots for outside and optional ¼ zip jacket.
 Girls- top, shorts or skort, socks, trainers, boots for outside and optional ¼ zip top.

How can your parents support your learning?

Encourage physical activity at home to improve general fitness and sports specific skills. Students should also be encouraged to attend extra curricular clubs to develop sporting skills and to improve social skills such as communication, teamwork and leadership.

SMSC Links – Focus on Aspirations

Students will develop a sense of achievement through winning personal competitions and accessing a wider variety of sports. They will also learn to accept winning and losing within a competitive environment. Students will also work together to achieve common goals and will hopefully establish a love of sport that can help them to achieve in life.

What extracurricular activities or enrichment opportunities are available?

Please see the Physical Education extra curricular timetable through the PE X (Twitter) page @WCHS_PE. This is updated regularly with information about clubs, competitions and the Duke of Edinburgh award. Students can also find information on the school form powerpoint which form tutors go through every morning.