



KS4 CORE PE



For students who have opted to take GCSE or CNAT PE. Secure progress in the 3rd sport and upgrade NEA.

Students will take part in alternative physical activities. The focus is fun, enjoying and social health.

.Students will participate in activities that allows them to be expressive and creative.

For students who like to keep fit and healthy. Students will participate in a range of activities focussed on lifelong participation.

ATHLETICS

COURSEWORK

NETBALL

COURSEWORK

NETBALL

SOFTBALL

BADMINTON

POD IN

CAPTURE THE FLAG

BASKETBALL

FLAG FOOTBALL

PARKOUR

TRAMPOLINING & GYMNASTICS

YOGA

JUST DANCE

DESIGN YOUR OWN

CHEER LEADING

CARDIO TENNIS

ORIENTEERING

YOGA

EXERCISE CLASSES

RUN FOR FUN/WELLBEING WALK

BADMINTON

COMPETITIVE PATHWAY

GAMES FOR FUN PATHWAY

CREATIVE PATHWAY

LIFELONG FITNESS

(GCSE & CNAT students)