



CHARTERS

— SCHOOL —

PHYSICAL EDUCATION - NON-ASSESSED

Core (non assessed) PE will enable all students in Year 10 and Year 11 to participate in regular physical activity.

There are many physical benefits of exercise which are widely advertised but research also shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing and alleviating stress and tension.

Students will participate in a range of activities over the two years including invasion games, net games, individual activities and fitness based activities.

There will be opportunities for students to show leadership skills in both coaching and officiating roles through the blocks of study.

There might be the chance for students to experience fitness classes at the cost to the students if the appropriate qualified instructors are available to lead the sessions to fit with the timetabled lessons.