



## KAR PE Key Stage 4

Within Core PE lessons all pupils will have 2 x 100 minute lessons across the two week timetable. Lessons will be practicals, with a number of different sports taught, each group will have the opportunity to take part in the majority of the sports which are on offer.

In KS4 we very much believe it should be about the pupils participating, so we offer a number of sports throughout the year, to hopefully ignite a passion for lifelong activity, some of these activities the pupils may not have even heard of before.

Students will have a number of lessons on each activity and will be encouraged to take other roles within the lesson rather than just participants.

The activities which they will be able to take part in throughout the year are as follows

Football	Netball	Alternative Activities	Rugby	Basketball
Lacrosse	Ultimate Frisbee	Aussie Rules	Table Tennis	Indoor & Outdoor Games
Rounders	Handball	Softball	Volleyball	Athletics