



Harmonize Academy

Subject Overview

Physical Education



Physical Education is an essential part of the school curriculum, promoting the physical, mental and social well-being of every student. At our school we believe that encouraging an active lifestyle not only supports student's health but also helps builds confidence, teamwork and resilience.

In line with Harmonize Academy's personal statement for Physical Education, we aim to develop confident, skilled and resilient performers who can express themselves through a range of activities and embrace a lifelong commitment to health and fitness.

How do we deliver Physical Education?

Aims and objectives The PE curriculum is designed to:

- Develop students' physical competence.
- Encourage lifelong participation in physical activity and healthy living.
- Teach important life skills such as leadership, teamwork and fair play.
- Improve students' knowledge of the benefits of regular exercise and fitness.
- Provide a safe, inclusive and engaging environment for all abilities.

Curriculum Content

We offer both a full course and a short course in WJEC EDUQAS GCSE PE, both have a broad and balanced range of activities across the academic year, including:

- **Team Sports:** Football, Dodgeball, Badminton, Volleyball, Basketball.
- **Individual sports:** Boxing, Trampolining, Free running Table tennis, Dance.
- **Health and well-being education:** KS4 anatomy, nutrition and importance of mental health in sport.

The full course qualification consists of three parts:

- Written Examination (60%)
- Practical Assessment (30%)
- Personal Exercise Program (10%)

The short course qualification consists of two parts:

- Written Examination (60%)
- Practical Assessment (40%)

Future pathways

This GCSE qualification has been chosen to best suit our learners and their needs. It will provide them with the foundations to move onto A Levels and college and later into a variety of professions such as:

- Sports Coach
- Personal Trainer
- Physiotherapy

In addition, this course will develop transferable skills that employers are looking for in the workplace such as confidence, communication and leadership.