



### PE Curriculum

During the course of the academic year both key stage 3 & 4 will look at various sports including football, rugby, basketball, badminton, volleyball, fitness, trampolining, cricket and athletics. Key stage 3 pupils will have the opportunity to develop their swimming skills as each class will be given a 6 week block at Hebburn Central swimming baths

Furrowfield School is also part of the Wanderer's sports association and participates in the Sainsbury's School Games program - more information on this can be found here:

<https://www.yourschoolgames.com/>

### GCSE PE

#### Aims and objectives of studying Physical Education

GCSE Physical Education provides pupils with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. You can choose from a variety of roles and activities in which to participate in physical activity. During the course you will learn how to analyse and evaluate performance and suggest effective plans for improvement. This course is particularly suitable for those who wish to continue their studies in further education and for those who are interested in related career opportunities.

