

THE PE CURRICULUM

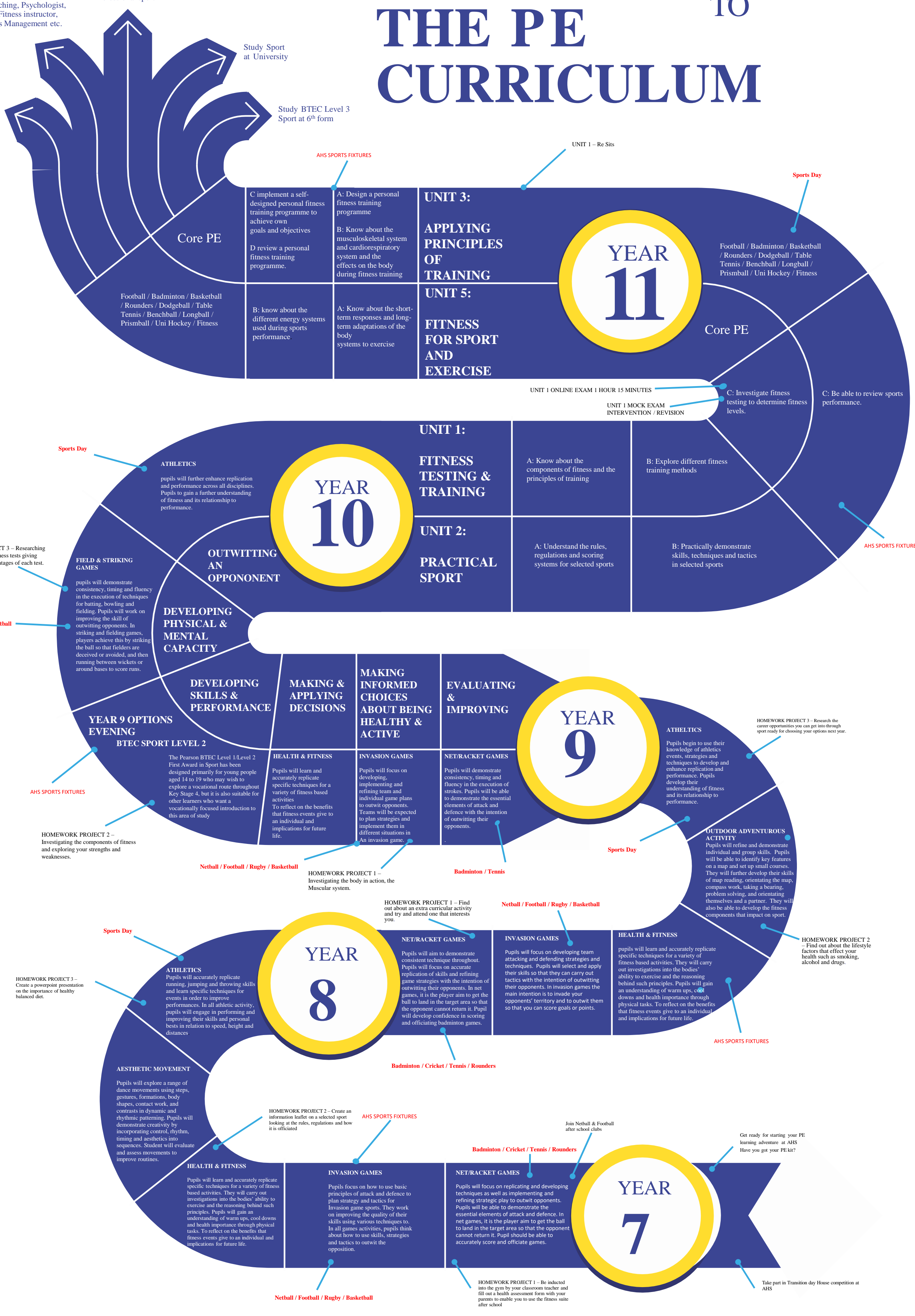
Use Sport in many potential jobs: Sports coaching, Physiotherapy, Emergency Services, Teaching, Psychologist, Youth work, Fitness instructor, Leisure Sports Management etc.

Make a career out of Professional sport

Continue in Sport coaching and teaching

Study Sport at University

Study BTEC Level 3 Sport at 6th form



HOMEWORK PROJECT 3 – Researching the different types of fitness tests giving advantages and disadvantages of each test.

Cricket / Rounders / Softball

HOMEWORK PROJECT 2 – Investigating the components of fitness and exploring your strengths and weaknesses.

HOMEWORK PROJECT 3 – Create a powerpoint presentation on the importance of healthy balanced diet.

HOMEWORK PROJECT 2 – Create an information leaflet on a selected sport looking at the rules, regulations and how it is officiated

HOMEWORK PROJECT 1 – Be inducted into the gym by your classroom teacher and fill out a health assessment form with your parents to enable you to use the fitness suite after school

HOMEWORK PROJECT 3 – Research the career opportunities you can get into through sport ready for choosing your options next year.

HOMEWORK PROJECT 2 – Find out about the lifestyle factors that effect your health such as smoking, alcohol and drugs.

Get ready for starting your PE learning adventure at AHS Have you got your PE kit?

Take part in Transition day House competition at AHS