

# Elm Court School

## Physical Education Curriculum Overview



Year 7:	Year 8:	Year 9:	Year 10:	Year 11:
<p>Students take part in:</p> <ul style="list-style-type: none"> <li>• Swimming</li> <li>• Circuit Training</li> <li>• Table Tennis</li> <li>• Gymnastics</li> <li>• Handball</li> <li>• Rounders</li> <li>• Athletics</li> <li>• Games for Understanding</li> <li>• Ice Skating</li> </ul>	<p>Students take part in:</p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Aerobic/Fitness Class</li> <li>• Indoor Tennis</li> <li>• Basketball</li> <li>• Cricket</li> <li>• Athletics</li> <li>• Horse Riding</li> <li>• Ice Skating</li> </ul>	<p>Students take part in:</p> <ul style="list-style-type: none"> <li>• Hockey</li> <li>• Fitness Testing</li> <li>• Badminton</li> <li>• Volleyball</li> <li>• Tennis</li> <li>• Athletics</li> <li>• Boxing</li> <li>• Ice Skating</li> </ul>	<p>Students begin studying for either a BTEC Certificate or Level 1 in Sport and Active Leisure.</p> <p>Areas studied include:</p> <ul style="list-style-type: none"> <li>• Taking part in Sport.</li> <li>• Taking part in Exercise &amp; Fitness.</li> </ul>	<p>Students continue their studies working towards either a BTEC Certificate or Level 1 in Sport and Active Leisure.</p> <p>Areas studied include:</p> <p>Unit 10</p> <ul style="list-style-type: none"> <li>• Risk &amp; Hazards</li> </ul> <p>Unit 13</p> <ul style="list-style-type: none"> <li>• Planning your own Fitness Programme</li> <li>• Independent coursework study.</li> </ul>

**How you can support your child in Physical Education:**

*Encourage your child to join a local swimming football or athletics club.*

**Please keep in touch with the Physical Education section should you feel your child is struggling or needs more challenge – let us know. Emails can be sent to: [pe@elmcourt.lambeth.sch.uk](mailto:pe@elmcourt.lambeth.sch.uk). Mr Carl Roberts, Engagement Mentor at Elm Court.**