

# PHYSICAL EDUCATION

FOR MORE INFORMATION PLEASE CONTACT

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## WHY DO YOU HAVE TO STUDY PHYSICAL EDUCATION?

Physical Education is a requirement of the National Curriculum and therefore it is compulsory. Its main aim is to keep students fit and healthy and free from disease or obesity. PE also teaches you a range of life skills and develops your teamwork and communication, vital skills in any career.

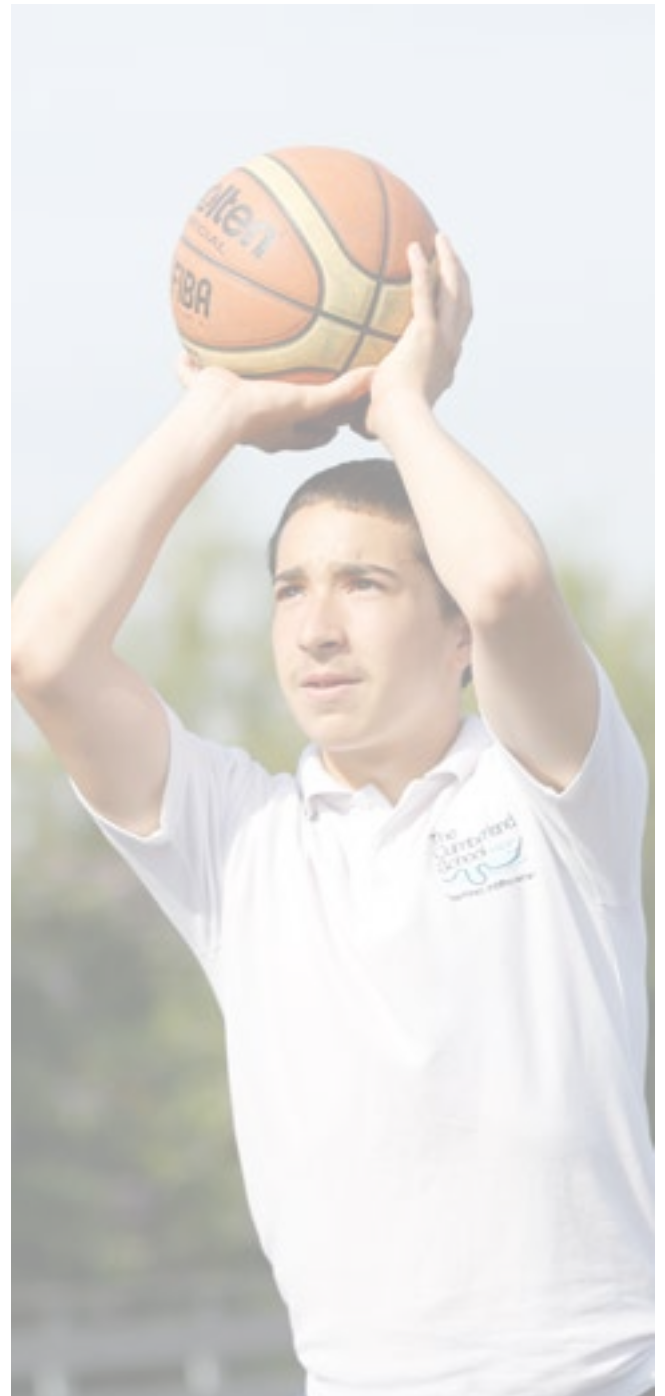
## HOW WILL I BE EXAMINED?

There is no examination for Core PE.

## WHAT WILL I STUDY?

Leadership and volunteering courses i.e. Sports Leader Level 1.

Many different practical activities including football, basketball and badminton as well as St John's Ambulance First Aid and Fitness qualifications.



## RECOMMENDED TEXT BOOKS, ONLINE RESOURCES AND ADDITIONAL READING

- [bbc.sport.co.uk](http://bbc.sport.co.uk)