



Physical Education

Sporting activities form an important part of school life. Physical Education in the school not only aims to improve the pupils' general levels of fitness, skill and enjoyment of a wide range of physical activities, but also to enhance personal and social development through sport. Through sport and Physical Education the school aims to prepare pupils to make positive and healthy use of their leisure time.



Most pupils at Castlederg High have two hours per week of formal physical education classes. We have a wide range of facilities including a fully equipped sports hall and gym, tennis court, astro pitch, 3G pitch, soccer and rugby pitches.

The school has enjoyed great success in recent years across all areas of competition. Sports teams represent the school in local and national competitions. These include cross country and athletics, in addition to league and cup matches in hockey, boys and girls football, rugby. After school activities are available for all pupils running on a Monday and Wednesday, with transport provided by the school; these activities include football, hockey, rugby, and athletics.



Key Stage 3

All pupils follow the Northern Ireland Curriculum which forms the bases for our formal lessons at KS 3

The following are activities covered

Athletics
Basketball
Dance
Hockey
Rounders
Tennis
Table tennis

Health Related PE
Cross Country
Football
Netball
Rugby
Trampoline

Badminton
Cricket
Gymnastics
Orienteering
Softball
Volleyball

Key Stage 3 pupils receive 2 hours of formal PE lessons.





Key Stage 4

All pupils have 1 hour of formal PE lessons at KS4 covering all activities listed for KS3.

GCSE PE (optional for Key Stage 4 pupils)

This course allows pupils to develop knowledge and understanding of the concepts of Health, Fitness and Skilled performance and factors that influence these. The course is divided into three components.

Component 1 - Exam 25%

Students will study how body systems work, how to maintain good health and how lifestyles decisions can affect health.



Component 2 - Exam 25%

Students will study physical fitness and its importance in performance and health. They will learn how to plan effective training programmes to develop physical fitness.

Component 3 - Individual performance in three practical activities 50%

Pupils in conjunction with PE staff select three practical activities in which pupils are assessed on their -

- Skill level Tactical awareness
- Understanding of rules fitness to perform their chosen activity
- Fitness
- Attitudes and behaviour



Key Stage 5

We currently offer BTEC Level 3 Subsidiary Diploma in Sport. The course is 100% coursework and it is not a requirement to have studied GCSE PE to complete this course.

Summary of BTEC Sport content

Unit	Outline	
1	Principles of anatomy and physiology in sport. This unit investigates how parts of the human body are joined together, what they are made of and how they work together in sport.	Year 13
2	The physiology of fitness. This unit focuses on the responses the body makes to exercise.	Year 13
3	Assessing risk in sport. This unit involves organising a sporting event and learning about the legal side of sport.	Year 13
7	Fitness training for sport and exercise. This unit will allow students to gain experience administering fitness and health tests and giving feedback to individuals on their health.	Year 13
13	Leadership in sport. This unit allows students to gain experience in the area of coaching.	Year 14
16	Exercise, health and lifestyle. This unit aims to develop your understanding of a range of different aspects which help and maintain health and wellbeing.	Year 14
28	The athlete's lifestyle. This unit investigates the various factors that can affect an athlete's performance.	Year 14

