

Year 10 Core PE

Belong

Achieve

Thrive

Why do we deliver this?

Competitive sports pathway

This pathway is designed to allow students to continue to **develop and apply more advanced skills within clearly defined roles and responsibilities, through structured competition and inclusive leadership opportunities to ensure continued engagement in sport.** This pathway allows the students the opportunity to play a variety of sports competitively **encouraging them to demonstrate fluency, tactical awareness and application of knowledge in high-pressure situations.** As young adults, **students will refine independence, self-regulation and responsibility, preparing for lifelong participation in sport and physical activity.**

Fitness for Life

This pathway is designed to support a lifelong interest in developing and maintaining personal fitness levels, introducing students to a wide variety of fitness and recreational activities that would promote a healthy active lifestyle as they transition into adulthood. **Students work towards personalised fitness goals, reducing comparison anxiety and promoting inclusivity.** **Students will develop their knowledge and understanding of training methods, components of fitness and safe gym/exercise practice,** which will support their confidence to access these provisions and activities after Wingfield. **The aim is for all students leave school with the confidence and knowledge to maintain lifelong physical wellbeing.**

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