

KS4 lessons are taught on a 'loose choice' basis. This learning journey shows you every experience you can expect to chose from throughout the PE curriculum. You will be given four choices to pick from and you will study that sport for the half term. All lessons are mixed gender. All students have 38 weeks of CORE PE lessons in each year – all will be one single period (1 hour) per week in Y10 with Y11 one 'double' period (2 hours) and one single per fortnight. This equates to 39 hours in year 10 and 58 hours of CORE PE in Y11.

