

Year 10 and 11 Core PE @ HHS

All students continue with Core PE in Year 10 and Year 11. This is delivered through one 50 min lesson each week.

The Year 10 and 11 PE Curriculum is student led. The overriding aim is to develop sporting participation through a friendly, inclusive sporting environment where all students are happy to take part in a physical activity of their choice. Students can participate at their own level with friends either socially or competitively.

Wellbeing is central to our offer and we aim to ensure all students benefit from physical activity and sport either physically, emotionally or socially.

½ Term 1	½ Term 2	½ Term 3	½ Term 4	½ Term 5	½ Term 6
Badminton	Badminton	Badminton	Badminton	Badminton	Badminton
Table Tennis	Trampolining	Table Tennis	Trampolining	Softball	Softball
Football	Football	Football	Football	Rounders	Rounders
Basketball	Basketball	Basketball	Basketball	Cricket	Trampolining
Stretch and Chill	Fitness	Stretch and Chill	Dodgeball	Football	Football

These activities could change dependent on weather, facilities and staffing.