



Blue Coat Church of England Academy

Year: 10

Subject: PE

Overview

In Year 10, students at Blue Coat Church of England Academy are offered a diverse and engaging Physical Education curriculum that encourages both personal development and physical literacy. Pupils have the opportunity to choose between two pathways, team or **individual sports and physical activities**, allowing them to explore their interests, develop skills, and maintain a healthy lifestyle.

The curriculum is designed to promote:

- **Skill acquisition and refinement**
- **Teamwork and leadership**
- **Strategic thinking and decision-making**
- **Personal fitness and well-being**

Students can select from the following activities:

- **Team Sports:** Football, Netball, Basketball, Volleyball, Handball, Flag Football, Cricket, Rounders
- **Individual Sports:** Badminton, Pickleball, Trampolining, Athletics
- **Fitness-Based Activities:** Circuit training, gym-based fitness, alternative sports

This flexible approach empowers students to take ownership of their physical education journey, preparing them for lifelong participation in physical activity and sport.