

The Physical Education Department

INTRODUCTION

Bryn Hafren holds an excellent reputation for Physical Education. Pupils are taught the subject from year 7 to 9 and then have the option of taking the subject for GCSE, as well as a core subject in year 10 and 11. Physical Education is taught by subject specialists, from Year 7, right through to GCSE and BTEC. The curriculum focuses on traditional games; however, pupils have the opportunity to learn personal survival in year 8 as well as dodgeball and aerobics in year 10.



KEY STAGE 3

Pupils in Key Stage Three have two hours per fortnight. Lessons focus on the new national curriculum orders, pupils experience a range of exciting topics such as personal survival, netball, hockey, health related fitness (and fitness suite in year 9), athletics and rounder's. They learn to comment on each other's work through constructive criticism and they evaluate their own work to help them identify targets for improvement.



KEY STAGE 4

Pupils are given a choice at Key Stage Four.

Pupils can choose GCSE Physical Education (5 hours per fortnight):

Examination Board – WJEC

The course focuses on the theoretical elements of physical education (skeleton, muscles and components of fitness), along with practical topics, netball, hockey, life saving, athletics and coaching and umpiring qualifications.

Pupils can also choose Core PE (two hours per fortnight), which offers pupils a fun PE experience to keep fit and healthy – pupils experience a wide range of lessons, involving volleyball, indoor hockey, fitness suite, football, basketball, circuits all activities new to key stage 4.



KEY STAGE 5

Students in the Sixth Form can continue their Physical Education studies by opting for BTEC level 3 in Sport (new from 2009)

This course is a non examination course with year offering one A level and on completion two A levels. The course is assessed by practical and course work assessments. This course focuses on the body in action, sports coaching, health and safety, team sports and training for fitness and sport. Pupils will then have the opportunity to further their PE Studies at University, College, or gain employment.



EXTRA CURRICULAR OPPORTUNITIES

The PE department offers a variety of extracurricular opportunities; there are activities available for everyone. The PE staff along with the 5x60 officer ensures there are activities in place every evening after school.

Bryn Hafren boost and array of county and international sports women, and many school teams qualify for county and national finals.

The PE department run successful trip to international matches and the 5x60 officer ensure pupils are rewarded for their hard work with sporting trips at the end of term.

