

Physical Education

Sporting activities form an important part of school life. Physical Education in the school not only aims to improve the pupils' general levels of fitness, skill and enjoyment of a wide range of physical activities, but also to enhance personal and social development through sport. Through sport and Physical Education the school aims to prepare pupils to make positive and healthy use of their leisure time.





Most pupils at Castleberg High have two hours per week of formal Physical Education classes. We have a wide range of facilities including a fully equipped sports hall and gym, tennis court, astro pitch, 3G pitch, soccer, and rugby pitches.

The school has enjoyed great success in recent years across all areas of competition. Sports teams represent the school in local and national competitions. These include cross country, athletics and Equestrian teams in addition to league and cup matches in hockey, football, rugby.

Extracurricular sport after school continues to be a major part of schools life. After school activities are available for all pupils running on a Monday and Wednesday, with late transport provided by the school; these activities include football hockey rugby and athletics. While lunch time Netball, Rugby and Football are also available.





Castleberg High School



Key Stage 3

All pupils follow the Northern Ireland Curriculum which forms the bases for our formal lessons at KS 3

The following are activities covered

Athletics

Health Related PE

Badminton

Basketball

Cross Country

Cricket

Dance

Football

Gymnastics

Hockey

Netball

Orienteering

Rounders

Rugby

Softball

Volleyball

Table tennis

Key Stage 3 pupils receive 2 hours of formal PE lessons.



Key Stage 4

All pupils have 1 hour of formal PE lessons at KS4 covering all activities listed for KS3.

GCSE PE (optional for Key Stage 4 pupils)

This course allows pupils to develop knowledge and understanding of the concepts of Health, Fitness and Skilled performance and factors that influence these. The course is divided into three components.

Component 1 - Exam 25%

Students will study how body systems work, how to maintain good health and how lifestyles decisions can affect health.

Component 2 - Exam 25%

Students will study physical fitness and its importance in performance and health. They will learn how to plan effective training programmes to develop physical fitness.

Component 3 - Individual performance in three practical activities 50%

Pupils in conjunction with PE staff select three practical activities in which pupils are assessed on their

- Skill level Tactical awareness
- Understanding of rules fitness to perform their chosen activity.
- Fitness
- Attitudes and behaviour

OCN Level 2 Extended Certificate in Sport.

This qualification have been designed to provide an introduction to skills and knowledge required for working within the sports and active leisure sectors. To achieve this qualification, learners must successfully complete 16 credits from any of the optional units.





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