



TRAILL
INTERNATIONAL SCHOOL

Physical Education

KS4 Physical Education (core)



YEAR 9 OPTION BOOKLET: 2024-2026

Subject: Physical Education

Course Title: KS4 Physical Education (core)

KS4 Physical Education (core) is a compulsory subject for all students, but is **not** an examination subject.

Why study this subject: Pupils will tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

Aims of this subject: To develop a deeper understanding about healthy lifestyles, fitness and lifelong love of sporting activities.

Assessment at a glance:

Assessment carried out at the end of each block for **attainment** and **effort**. There is **no** written paper, coursework or external exam.

Curriculum content:

All sports during KS4 Physical Education (core) will be taking part in a wide variety of sporting activities, including;

Basketball	Athletics	Football	Swimming	Softball
Health & Fitness	Badminton	Invasion Games	Volleyball	

Additional Information:

Students will also be assessed on various points, including effort, progression, depth of understanding and punctuality. Student must also have correct PE (and Swimming) kit for their respective activities.

Any questions regarding Physical Education (Core) please email:

Mr. Scott A. Bernstein, Director of Sports and Event Coordinator - sbe@trailschool.ac.th
