

Core Physical Education

At our school, every pupil is entitled to a rich, broad, and balanced curriculum. We wholeheartedly believe that Physical Education (PE) is a vital part of this experience, especially as you transition to senior school. A high-quality PE curriculum isn't just about physical activity; it's an essential cornerstone for your development, offering a myriad of benefits, such as:

- **Supporting Achievement and Attainment:** Get ready to enhance your academic success through the skills you develop in PE!
- **Building Personal Qualities:** Cultivate essential qualities like confidence, resilience, and self-esteem as you take on new challenges.
- **Fostering Social Skills:** Engage in cooperative play and teamwork, forging connections that last a lifetime.
- **Enhancing Health and Wellbeing:** Experience physical, emotional, and social benefits that contribute to a holistic sense of health.
- **Developing Leadership Skills:** Step into leadership roles that prepare you for future endeavours in both sports and life.

What you can expect:

In Key Stage 4, prepare for an exciting double lesson of PE each week. Our lessons feature a diverse range of competitive activities including hockey, netball, football, cricket, badminton, tennis, and athletics. But if this isn't your preference, then you'll have the chance to engage in our Active for Life pathway, which includes activities such as going to the gym, fitness classes, dance, and trampolining, ensuring a fun and well-rounded physical education experience.

Go Beyond the Classroom:

Our commitment to sport extends beyond the classroom with our extensive co-curricular programme. Here's where you can immerse yourself in a vast array of sports and physical activities. Whether you desire to mingle with friends, enhance your fitness and skills, prioritise your health, compete passionately, or strive for top-tier performance, we are dedicated to tailoring experiences to meet every pupil's aspirations and needs.

Become a Leader:

From Year 10 through to Sixth Form, you will have the opportunity to engage with nationally recognised Sports Leaders Awards. These esteemed qualifications are recognised by universities and employers alike, helping you to cultivate essential life skills such as organisation, motivation, communication, and teamwork. Prepare to embark on an exciting and fulfilling journey in Physical Education, where every

moment spent in the gym or on the field contributes not just to your athletic skills, but to your personal growth and lifelong friendships!

At a Glance

Head of Department

Miss N Attwood