

SUBJECT

Physical Education



WHY THIS SUBJECT IS IMPORTANT

All students will experience, enjoy and excel in high quality sport and physical activity. They will be provided with a fully inclusive curriculum incorporating a broad range of activities, which uses challenge and competition to promote life-long participation in sport.

WHAT WE WANT TO ACHIEVE

Our PE curriculum is designed to provide the opportunity for students to develop and refine knowledge, skills, strategies and tactics and apply them to competition in a variety of sports. This is achieved through different learning pathways where students experience increased choice as they move through the Key Stages providing them with opportunities to develop a lifelong commitment to a healthy active lifestyle.

WHAT YOU WILL LEARN IN YEAR 7

In Year 7 students build on and embed the physical development and skills learnt in KS1 and KS2. Students discover and explore a range of sports and physical activities. Through this, they are taught the basic skills required to participate, succeed and become more competent, confident and expert in their techniques, and apply them across different team and individual activities.

EXTRA CURRICULAR OPPORTUNITIES

Clubs run in a range of activities and we provide opportunities to compete competitively in District, County and National Competitions.

We offer clubs in athletics, basketball, badminton, cricket, contemporary dance, fitness, football, gymnastics, netball, rugby, rounders, street dance, swimming and volleyball.