

Director of Learning: Mrs C Jenkins

National Curriculum Physical Education is followed by Year 7 students in single sex ability groupings.

The physical education curriculum aims to introduce students to a variety of physical activities. The objectives are to promote fitness and create interest, which encourage students to participate in sport throughout the rest of their lives.

The following activities are offered to give a balanced curriculum: -

Boys

- Badminton
- Football
- Cricket
- Basketball
- Tennis
- Athletics
- Fitness
- Rugby
- Dance
- Dodgeball
- Orienteering
- Rounders

Girls

- Baseline
- Tennis
- Athletics
- Fitness
- Dance
- Football
- Orienteering
- Rounders
- Hockey
- Netball
- Gymnastics
- Cricket

The progress of students is assessed after each module with regard to the following;

- Developing skills in physical activity
- Making and applying skills
- Developing physical and mental capacity
- Evaluating and improving performance
- Making informed choices about healthy, active lifestyles.

During the first week of each term, students complete an aerobic endurance test and an intra-college event. The fitness test allows students to monitor their own health and fitness levels. The intra-college event develops students: sportsmanship, competition and team work.

Students will also be able to attend extra-curricular clubs at lunchtime and after school. These activities will change every half term.