

Physical Education, Core Programme

All students are required to participate in Physical Education at Key Stage 4 as part of the requirements of the National Curriculum and of a broad and balanced school experience.

The aim of the programme is to develop skills and physical competence, to encourage students to continue physical activity out of school and later in life.



During Key Stage 4 all students participate in a range of activities which require the application of their developing knowledge, skills and competence. This can be undertaken through competition and performance, the promotion of health and well-being, or the development of their personal fitness. Opportunities are provided for all students to coach, officiate and choreograph as well as to compete and perform. The programme includes opportunities to participate in the following elements:

Football, Rugby, Hockey, Netball, Personal Fitness, Trampolining, Badminton, Table Tennis, Volleyball, Tennis, Rounders, Softball, Cricket, Basketball, Athletics.