



## **CORE SUBJECT PHYSICAL EDUCATION**

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<b>Examination Board</b>	<b>N/A</b>

All pupils will participate in two one-hour long PE lessons per week. The programme follows the national curriculum; however pupils are given the opportunity to opt for the activities they would like to participate in.

The department aims to offer a wide range of sports/activities that will not only provide enjoyment, improvement of skill and fitness but also help to boost life-long participation in sport. Some of the activities we have offered in the past few years have been:

- girls' and boys' football
- girls' and boys' rugby
- hockey
- netball
- volleyball
- table tennis
- aerobics
- fitness suite
- circuit training
- dodgeball
- ultimate frisbee
- cricket
- athletics
- softball
- rounders
- badminton
- tennis

These activities vary depending on the expertise of the staff, but most importantly on what the pupil wants to do. As a result, the department has extremely high expectations of pupils' participation in all PE lessons.