

Physical Education

What Will I Study?

You will have the opportunity to take part in a wide range of activities. College has a big sports field, two Sports Halls, a gymnasium, netball and tennis courts and a new fitness area. You will have the opportunity to take part in: athletics, basketball, cricket, football, gymnastics, netball, personal fitness, rounders, rugby, table tennis, trampolining, and badminton.

How Will I Learn?

These opportunities are for everyone, regardless of ability. Lessons take place during the working day but there are also extra-curricular opportunities available before school, at lunchtime and after school. College also has House Matches and matches against other schools, so you will have plenty of opportunity to become a member of a team. We also offer the opportunity to apply for the PE Academy to support those with a further interest in the field of sport.

How Will I Be Assessed?

The course is designed to prepare pupils to accurately replicate skills, develop physically and mentally, improve performance and skill level. To be able to make and apply decisions and make healthy informed choices about a healthy and active lifestyle. Pupils will also learn how to evaluate and improve performances.

What Do I Need for Physical Education?

Equipment is provided but you must remember to wear your PE kit!