

Pupils will take part in a range of competitive sport and other physically demanding activities. This will allow pupils to become more physically confident in a way that supports their health and fitness. The games and activities pupils take part in will help build character and embed values such as fairness and respect.

Year 7, Year 8 & Year 9

Pupils are taught to:

- Use a range of tactics and strategies to overcome opponents.
- Develop their skills, techniques and performance in competitive sports.
- Take part in adventurous activities which present intellectual and physical challenges.
- Work in a team, building on trust and developing skills to solve problems.
- Analyse their progress and demonstrate improvement to achieve their personal best take part in competitive sports and activities inside and outside of school through community links or sports clubs.



Physical Education (PE)