



Core PE

PE prepares students for their future, develops the characteristics and personal qualities to succeed in a competitive society and is designed to form the foundation of an active and healthy lifestyle. More important than any other aspect is the development of physical, social and mental well-being, and the wider benefits of personal development through PE including teamwork, sportsmanship, leadership, communication, self-reflection, having fun.

Within core PE and our extra-curricular programme we look to create driven students with a desire to succeed; resilient, determined with a strong work ethic. Our aim is to provide students with a multitude of learning opportunities through a wide range of physical activities to develop themselves as, citizens, sportspeople and learners.

Our central goal is to prepare students for their future; in PE we summarise this in our key messages to students and the outcomes we want them to achieve: determination, excellence, respect.

“Do you know what my favourite part of the game is? The opportunity to play.” Mike Singletary