

Lifelong
Participation in
Sport & Physical
Activity



Spring
Term

Physical Challenges

Net & Wall Games
Table tennis & Badminton

Team Games

Striking & Fielding
Cricket & Softball

Summer
Term

Evaluating Performance

Competitive Sports

Outdoor Adventurous
Activities
Orienteering

Problem Solving

Improving Performance

Overcoming Opponents

Health & Fitness
Fitness suite & Just Dance

Tactics

Refining techniques

Competitive Games
Handball & Football

Autumn
Term

Our PE Values & Expectations:

- **Resilience** - Being able to identify weaknesses and work to improve them.
- **Sportsmanship** - fair and generous behaviour or treatment of others.
- **Teamwork** - be able to listen to ideas and contribute to tasks.
- **Equality** - Breaking down stereotypes in sport and treating everyone equally.

Extra-Curricular Opportunities

Over the school year we offer a broad range of extra-curricular activities ranging from Football and Netball to Dodgeball and Outdoor adventurous activities. There are lots of opportunities to represent school throughout the year where you compete against other schools in the area. After School clubs will often depend on which competitions or events are coming up on the sporting calendar.

Kit Expectations:

Year 10 & 11

- WCHS Polo shirt
- Royal Blue shorts or WCHS leggings.
- Blue PE socks or plain white sports socks

Your Physical Education Journey Starts here...

