



# Physical Education

Year: 7

*"No matter what or where you come from if you work hard at something you can do it"*

Mo Farah

## Course content

Core Physical education is delivered across the whole school to all pupils in an inclusive and progressive style. Enjoyment and participation being at the forefront of our teaching. Exceptional performance is consistently strived for and reached by many of our students. Excellent sporting facilities including a sports hall, 2 gyms, an Astroturf and large field space allows for excellent extra-curricular provision.

Sports teams representing the school include: Football, Rugby, Badminton, Netball, Hockey, Cross-Country, Athletics indoor and outdoor, Extensive Leadership program. Our students enjoy opportunities to develop socially in a strong department.

## Skills developed

- Proficiency in sporting skills
- Leadership
- Communication
- Team work

## For more information

**Mr Nightingale**

[nightingale@wetherbyhigh.co.uk](mailto:nightingale@wetherbyhigh.co.uk)

## Topics/activities covered

- Football
- Trampolining
- Gymnastics
- Rugby
- Badminton
- Netball
- Hockey
- Athletics
- Cricket
- Rounders

