



The PE department is committed to helping all students achieve their potential, no matter what their starting ability. The department strongly believes that PE is a major influence on the social, mental, and physical well-being of each student. Students are encouraged to use their initiative and make their own decisions whilst working responsibly and safely. Furthermore, students are urged to use a growth mind-set and not be afraid to make mistakes and to challenge themselves to reach the highest level that they can.

All students are encouraged to take part in the many extracurricular sports that will be made available to them, as the department firmly believes in the idea of 'Sport for All'. We offer a varied programme of both competitive and recreational extracurricular activities, which will hopefully encourage students to become involved. Whole school events are organised by Medway Secondary School Games where students have the opportunity to compete against other secondary schools in many different sports.

Students can participate in several physical activities within the core PE programme. In Years 7 and 8, all students are timetabled to have four PE lessons per two weeks, which consist of body management activities, such as gymnastics and athletics, plus a games programme that has been designed to cater for several different interests and abilities. This will provide a wide range of experiences for all.

The activities are provided on a modular basis and include not only the traditional invasion games such as football, netball, basketball, badminton, hockey, and rugby but also tennis, cricket, and handball. Students are helped to understand about their bodies and the relationship between fitness and health. Students have the opportunity to participate in inter-House competitions in a variety of sports in order to gain points for their Houses

## | Year 7

- Multi-skills
- Netball
- Hockey
- Badminton
- Gymnastics
- Basketball
- Outdoor & Adventurous Activities (OAA)
- Fitness
- Football
- Rounders
- Cricket
- Tennis
- Athletics
- Softball

## | Year 8

- Badminton
- Football
- Fitness
- Rugby
- Handball
- Basketball
- Hockey
- Netball
- Gymnastics
- Outdoor & Adventurous Activities OAA
- Fitness
- Table Tennis
- Rounders
- Athletics
- Cricket
- Softball

