



Cardinal  
Newman  
CATHOLIC SCHOOL

# PE Department

Welcome to the PE Department!

Physical Education at Cardinal Newman Catholic School aims to provide students with the skills, knowledge and desire to lead healthy, active lifestyles, enabling life long participation in physical activity. Through our PE curriculum, from beginners to elite, our students are given every opportunity to develop their physical literacy, mental and social well-being. Developing and inspiring students to develop invaluable life skills, such as leadership, confidence, communication, problem solving and resilience.

Students are provided with further opportunity to develop skills and knowledge within physical activity through our outstanding enrichment offer, which inspires students to showcase their god given talents in striving to achieve their best.

## Sports covered in Year 7 include:

- Basketball
- Netball
- Rugby
- Badminton
- Football
- Table Tennis
- Gymnastics
- Trampolining
- OAA
- Health Related Fitness
- Rounders
- Athletics
- Softball
- Hockey
- Gaelic Football
- Cricket
- Tennis



# Key Stage 3

Year 7, 8 & 9

4x 60 minute lessons per fortnight

# Key Stage 4

Year 10 & 11 Core PE

2x 60 minute lessons per fortnight

# GCSE PE

4 x 60 minute lessons per fortnight (Practical & Theory)

# Cambridge Technical

8x 60 minute lessons per fortnight

# Why is Physical Education important?

Alongside improving fitness and skill development, Physical Education lessons will help you learn transferable skills that can be used in all your other subjects such as teamwork, problem solving, tactical thinking and communication skills. You will gain experience in a variety of sports, where you will be able to build upon core skills learnt in primary school to develop in to well rounded and skilful athletes.

# Extra-Curricular

We have a broad range of enrichment clubs on offer, where we enter a variety of competitions and leagues throughout the school year.

These include:

- Basketball
- Netball
- Rugby
- Badminton
- Football
- Athletics
- Rounders
- Cricket
- Swimming
- Cross Country
- Futsal
- Tennis