



PE & Games

Curriculum PE

Woodhouse Grove is known for its proud sporting heritage and outstanding range of sports facilities.



WGS students experience a high quality, stimulating Physical Education Curriculum. This is supported by an inclusive and dynamic co-curricular programme.

Our aim is to inspire lifelong engagement in sport in our pupils - and understanding the importance of exercise and physical activity in contemporary lifestyles, irrespective of ability.

Each year group has a different focus in their curriculum PE lessons, with a wide variety of sports offered throughout.

Year 7: Foundations of Core Skills and Development of Physical Literacy and Fitness Elements.

Year 8: Developing Core Skills and Introducing Advanced Skills and Introduction to healthy lifestyles through fitness.

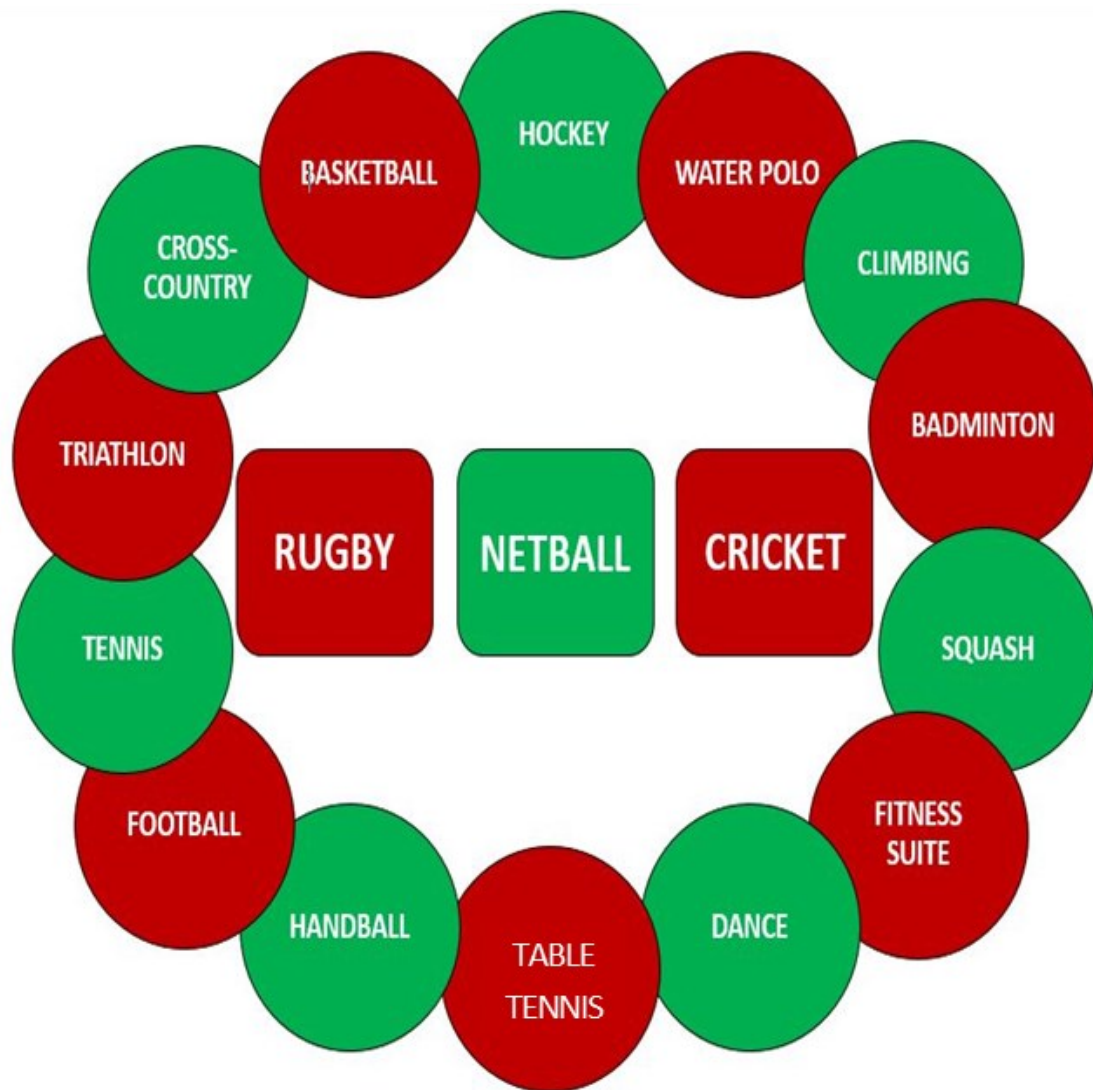
Year 9: Developing Knowledge and Understanding Through A Variety of Activity and Fitness Areas.

Year 10: Knowing and understanding ways to be healthy and active through a variety of physical activity opportunities.

Year 11: Linking Theory to Physical Performance.

Games

All pupils take part in 2 lessons of Games each week. Pupils have the opportunity to choose team sports that the school plays competitive fixtures in, or they can select a sports carousel throughout the three terms. The sports carousel activities will change every term.



Co-curricular Activities



Rugby
Cross Country
Netball
Squash
Basketball
Fencing

Rugby 7s
Football
Table Tennis
Climbing
Athletic Development



Cricket
Athletics
Tennis
Swimming

For more information please contact Mr D Bradburne (Director of Sport)
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