

Overview

At Key Stage 4, you should be more responsible for your own activity programmes and seek opportunities to continue these outside the school environment. The Programme of Study for Key Stage 4 also provides for the progressive development of particular skill activities and personal qualities.

You will not be expected to study all parts of the Programme of study. During the two years you will study a Health-Related Physical Education, Athletics, Cross-country and participate in various House matches in team sports. You will then choose three from the remaining six elements of the programme, which can reasonably be offered by the school. Each of the following elements will be allocated equal time.

The complete two-year course is outlined below:

COMPULSORY:

- Health-related Physical Education
- Athletics
- Cross-country
- House Matches in Team Sports

OPTIONAL:

- Dance
- Games 1 – Football
- Games 2 – Hockey
- Games 3 – Basketball
- Leisure Activities (including volleyball, dodgeball, badminton)
- Swimming