

## PE and Health Courses

In PE students continue to build on their knowledge and understanding of sports and sports related issues. We offer a broad and balanced curriculum which involves activities such as football, rugby league, rugby union, badminton, swimming, personal-survival, trampolining, boxercise, netball, rounders, cricket and softball. Students are encouraged to develop their skills as a performer, coach and as an official in a wide variety of sports.

We have a strong tradition of producing high quality sports teams, especially in football, rugby league and netball. A number of our students have gone to receive county, national and international honours.

In the Summer term all year 9 students get the opportunity to visit Milkhope, which is our outward-bound centre, on a 2 day residential. They will be involved in activities such as orienteering, hill-walking and camping.