

Core PE in Year 7 & 8

By the end of their time at Eggar's we want students to understand why it is important to, and be confident to, maintain involvement in sport and physical activity throughout their lives.

We promote the importance of PE to students physical health, mental wellbeing and development of social skills.

In order to achieve these aims we focus on teaching key themes across a wide variety of traditional and non traditional activities in which we challenge students to be; problem solvers, confident, creative, leaders, good communicators and team players

What are we preparing students for?

- Our Core curriculum PE programme prepares students for one of the following pathways:
- Studying an examined PE course either at GCSE level or a post 16 course
- Having a career based around sport and physical activity
- Continuing to be physically active as an adult to maintain physical, mental and social healthy.

Extra Curricular PE

Regular opportunities to make new friends, stay fit and enhance skills & tactical awareness

Clubs offered change from term to term to fit school fixture seasons

All students are welcome

We enter local, county and national competitions in a wide variety of physical activities

We have a dedicated website for extra curricular sport:

sport.eggars.net for team sheets, fixture information and results

@eggarspe on Twitter for match reports and celebrating our students achievements

A typical year in Core PE

In the Autumn and Spring term 6 activities from Football, Rugby, Netball, Basketball, Badminton, Gymnastics, Dance and Hockey are taught for 4 weeks each.

In the summer term all students will study tennis, athletics and striking and fielding games for 5 weeks each.

Beyond PE

Alongside our regular competitions we also offer a range of trips developing both practical and theory ambitions, knowledge, curiosity and motivation.

A bi-annual ski trip for year 8, 9 and 10 students, usually to the Alps.

Trips to Universities with highly regarded sports departments.

Professional dance performances

Watching club or national teams play

Olympic legacy event between local schools

Key Stage 4 examined courses

We currently offer 3 different pathways in PE

GCSE PE

BTEC PE

GCSE Dance