



URSULINE HIGH SCHOOL
PE DEPARTMENT
BACKGROUND INFORMATION

Physical Education at the Ursuline High School

The Department consists of 4 members of staff. We cater for PE across key stages 3, 4 & 5. Core PE lessons consist of two 50-minute lessons per week in Year 7 where students develop games & dance skills.

Across Year 8 - 10 students have one double PE lesson per week which allows students to work on their games, leadership & health/fitness. At key stage 4 GCSE PE lessons are introduced and we offer A level PE in the Sixth Form.

We are a committed and hardworking Department that aims to increase participation while maintaining a strong competitive edge. Students are actively encouraged to be fit, to look after their physical and emotional well-being through sport & exercise. Our department expectations involve leading extra-curricular activities and fixtures every day after school.