

Department Results, 2025-2026

Key Stage 3 – Physical Education

	Year 7 At or above expected target	Year 8 At or above expected target	Year 9 At or above expected target
Ursuline	80%	82%	80%

Key Stage 4 – GCSE Physical Education

	9-7	9-5	9-4
Ursuline	56%	94%	100%



PHYSICAL EDUCATION

Director of Sport
Mrs Corrigan

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Open Evening 2026

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Follow us on Instagram: [@ursulinehighpe](https://www.instagram.com/ursulinehighpe)

Why study Physical Education?

Physical Education provides students with the knowledge and understanding of how to live a healthy and active lifestyle, enabling them to make informed choices about their own physical development. Students will take part in sports from a variety of areas and activities and participate in practical & theoretical lessons in Key Stage 3 & 4 PE.

The PE Department's Aims at Ursuline High School

- Encourage students to be inspired, moved and challenged by following a broad, coherent and worthwhile course of study and to develop an awareness and appreciation of their own and others' cultures in relation to Physical Education.
- Encourage creativity and decision-making skills to enable students to plan effectively for performances and to respond to changing situations.
- Prepare students to make informed decisions about further learning opportunities and career choices.
- Enable students to become increasingly physically competent through being actively engaged in a range of physical activities and to become increasingly effective in their performance in different types of physical activity and roles as a player/competitor.
- Enable students to develop their ability to engage independently and successfully in different types of physical activity and to develop and maintain a high level of physical fitness and health.

Clubs following a range of sports and physical activities are run every day of the week and students, where successful, are fed into local, county and national level competition structure.

Teaching and Learning

The curriculum is delivered to all students throughout Key Stage 3 & 4 through 2 timetabled lessons per week. Year 8, 9 & 10 have one double lesson. At GCSE, three additional lessons are also delivered per week. Key Stage 3 Core PE is delivered through a range of multi-skill sporting foci including games, dance and athletics. Key Stage 4 PE maintains a higher level of skill and physical development through a more elite education structure and gives them a theoretical understanding of sports science.

What will students study in Year 7?

- Improvement of core skills and developing fitness to a standard suitable for more advanced games and dance activities.
- Students have 2 single lessons so they can be structured to support and develop practical skills where needed, yet challenge those who can excel to high standards.
- Netball is a key element of the PE curriculum in the Autumn term and pupils will develop physical competence and increase team building skills, communication, teamwork and leadership skills.

The Year 7 Curriculum

Autumn Term	Netball (invasion) and Dance
Spring Term	Indoor Athletics, Cross Country, Cheerleading and Basketball
Summer Term	Tennis, Athletics and Cricket.

Competitive & Recreational Sports

Students can attend trials to represent Ursuline High School in Borough and Regional competitions in the following sports: Netball, Football, Athletics, Cross Country, Tennis, Rounders, Cricket and Badminton.

Recreational sports include: Benchball, Basketball, Street Dance & Dance, Table-Tennis, Skateboarding, Rugby & Archery (some external).