FEB 2026 School Website content

INTENT

Our intent is to provide a broad and inclusive Physical Education curriculum that develops students' physical competence, knowledge and confidence through a carefully sequenced programme. We aim to build resilience, teamwork and leadership skills, fostering a lifelong appreciation of physical activity and sport.

Key Stage 3

At Key Stage 3, all students have four single PE lessons per week.

During these lessons, students experience a dynamic and varied curriculum, including activities and learning opportunities from all National Curriculum strands.

Year 7: Baseline Skills, Dance, Netball, Gymnastics, OAA, Athletics, Rounders

Year 8: Netball, Health-Related Fitness, Dance, OAA/Team Building, Gymnastics, Athletics, Rounders

Year 9: Netball, Handball, Health-Related Fitness, Dance, OAA, Athletics, Rounders

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Key Stage 4

At Key Stage 4, Physical Education at Notre Dame focuses on participation and engagement, providing students with a range of opportunities to be involved in physical activity, with the aim of encouraging lifelong participation in sport and physical activity.

Year 10: Netball, Basketball, Badminton, Volleyball, Athletics, OAA, Dance

Year 11: Rollerblading, Health, Fitness and Wellbeing, Mindfulness, Badminton, OAA, Dance

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GCSE PE

GCSE PE (Edexcel) is an optional subject offered alongside compulsory Core PE. It provides students with an in-depth understanding of the factors that underpin high-quality physical performance. The course combines theoretical study (70%) with practical performance (30%), allowing students to develop their knowledge of how the body works, how to train effectively, and how to analyse and improve performance in sport.

GCSE PE equips students with the knowledge, skills and confidence to analyse performance, understand the demands of sport and physical activity, and develop healthy, active lifestyles.

Extra-Curricular Activities

Extra-curricular clubs run every day after school from 3:30pm to 4:30pm/5:00pm.

We offer a variety of extra-curricular activities, including Netball, Athletics and Rollerblading. Please see the updated termly timetable in the School Life section of the website under Enrichment.