



Holy Cross Catholic High School Physical Education Journey

Why is PE important?

- Teaches Self Discipline
- Improves Physical Fitness
- Develops Leadership Qualities
- Improves Academic Performance
- Develop Healthful Social Interactions
- Contributes To A Good Mental Health
- Improves Self-Confidence & Self-Esteem

Further study of Physical Education

Lead a healthy active lifestyle

CREATING HEALTHY AND ACTIVE FUTURES

Year 11



Complete GCSE PE/CNAT Sport

Complete qualifications within CORE PE to enhance CV

Apply to become a PE senior prefect

Leave Holy Cross with A Love For Physical Education

Explore Opportunities Outside of School

Continue Extra-Curricular Participation

STORM

Participate In School Fixtures

Complete Sports Leaders course

Enrich Your Personal Statement with Extra-Curricular Involvement

Lead an Extra-Curricular Club

DEVELOPING SKILLS & EMBEDDING KNOWLEDGE

Year 10

STRIVING & THRIVING IN PE

Research Subject Choices for Physical Education

Participate in Sport Outside of School

Choose Options for KS4

CNAT

GCSE

Participate in ALL Physical Education Lessons

Meet All Deadlines for Examination Courses

Attend Extra-Curricular Clubs

Strive To Make Good Progress

Make a Difference to the PE Department

Participate In School Fixtures

Year 9

BROADENING SPORTING EXPERIENCES

Join a New Sports Club Outside Of School

Assist With Local Primary School Festivals

Lead A Healthy & Active Lifestyle

Try A New Extra-Curricular Club

Complete Intro Level Coaching Awards

Become A Member of the Sports Council

Year 7

CREATING A LOVE FOR PHYSICAL EDUCATION

Year 8

Bring Your Kit To Every Lesson

Compete in Intertutor Sport

Find Your Love for Physical Education

Complete STORM Application

Compete in Intertutor Sport

Sign Up To One or More Extra-Curricular Clubs

Represent the School in Sports Fixtures

Earn A1 Points

Make expected progress

Maintain High Grades

Your Physical Education Journey starts here ...

