



## PE Curriculum

Our sporting facilities are amongst the best in Tower Hamlets including a spacious sports hall and a full size astro-turf football pitch. PE is an integral part of the curriculum and is compulsory throughout KS3 and KS4. PE helps to promote a healthy, active lifestyle and encourages teamwork.

At KS3 students have 100 minutes of PE per week. Activities we offer include basketball, cricket, football, dance, netball, softball, table tennis, trampolining, health related exercise, badminton, handball, rounders and tennis.

At KS4 students have 100 minutes of PE per fortnight and we offer PE as a GCSE option.

## Extra Curricular

We also offer a wide variety of extracurricular activities during lunchtimes and after school. Here are some of the activities and events:

- Football, cricket, basketball, badminton, table tennis, fitness club
- Netball tournaments against other schools
- Athletics competitions
- Half-termly tutor group sports competitions

