



# Archbishop Tenison's

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CHURCH OF ENGLAND HIGH SCHOOL



# Physical Education Curriculum

- *Pupils have 2 ½ hours of PE a week. This is split into a single period (mixed gender Years 7-9) and a double period (split by gender).*
- *Pupils study many activities for the whole of Key Stage 3, such as Football, Netball, Rugby League, Basketball, Athletics, Health Related Exercise. The pupils also study Handball, Table Tennis, Badminton, Gymnastics, Dance, Volleyball, Cricket, Rounders and Orienteering during Key Stage 3.*
- *Depending on the activity, PE is taught either in the Sports Hall, the Main Hall, the East and West Courts or Lloyd Park.*



# What's great about Physical Education at Tenison's?

- *Pupils are taught by passionate and enthusiastic specialist staff who pride themselves on teaching progressive and enjoyable lessons that are tailored to each pupil.*
- *Our aim is not only to progress the pupils skills in the sports we teach, but to develop the pupils knowledge and understanding of the human body, the importance of a healthy lifestyle and the tactics and strategies across many sports.*
- *In Key Stage 4 a high percentage of our pupils study the GCSE PE course and many complete Level 1 and 2 awards in Sports Leadership.*
- *Our most talented pupils both academically and physically progress to study A Level PE in the Sixth Form.*



# Opportunities and Successes

## *Extra curricular opportunities in PE*

- *Boys / Girls Football*
- *Girls Netball*
- *Boys / Girls Basketball*
- *Boys / Girls Rugby*
- *Boys / Girls Athletics*
- *Rounders Club*
- *Fitness Classes*
- *Boxing*

September 2020





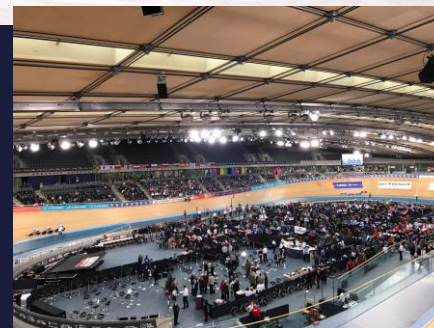
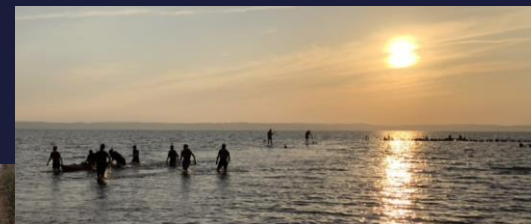


# Opportunities and Successes

*In PE we have run the following trips*

- *Ski Trips to Italy*
- *Watersports Trips to France*
- *University Sports Science Trips*
- *British Basketball in London and Birmingham*
- *Bodyworlds Exhibition*
- *Adventure Runs*
- *World Cup Track Cycling at Olympic Velodrome*
- *Olympics 2012 Trips*
- *Rugby at Twickenham*
- *Dance Trips to Laban Dance Conservatoire, Greenwich*

September 2020





# Opportunities and Successes

## Tenison's Alumni

- *Joshua Buatsi – Professional Boxer - WBA International Light Heavyweight Champion, British Light Heavyweight Champion, Olympic Bronze Medallist (Rio 2016)*
- *Charles Hagan – Professional Footballer at Sheffield Wednesday*
- *Bryony Smith – Surrey and England Women's Cricketer*
- *Samir Williams – Former English Schools 100m and 4x 100m relay Champion, currently studying on an Athletics Scholarship in America*
- *Eljay Morris – Playing College Basketball in America*
- *Kwaku Frimpong – Professional Footballer at AFC Wimbledon*





# Opportunities and Successes

- *We are always delighted when our students leave Tenison's and go on to forge successful careers in the Sports Industry. The most popular pathways of former students are:*
- *University Degrees in Sports Science, Physiotherapy, Sports Medicine*
- *Qualifying to become PE Teachers themselves*
- *Following successful careers in coaching*
- *Qualifying to become Personal Trainers and experts in the Fitness Industry*