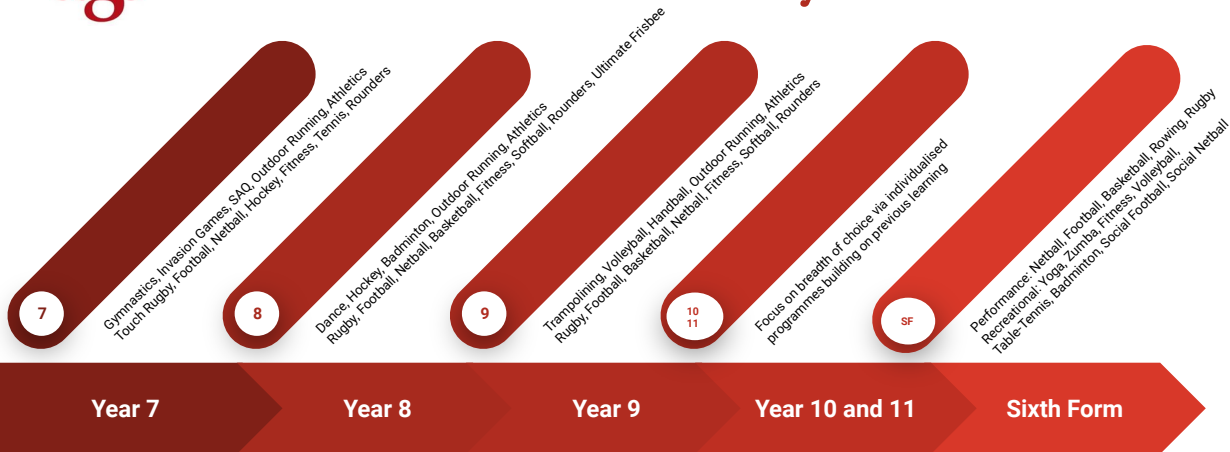


ags Alcester Grammar School Physical Education



2 one-hour lessons per week

6-week modules

Personal development of fundamental movement skills

Understanding the benefits of participation and enjoyment of physical activity

2 one-hour lessons per week

6-week modules

Extend tactical and compositional awareness in a range of activities

Ensuring general health and well-being through physical activity

2 one-hour lessons per week

6-week modules

Develop fluency and accuracy in an increased range of activities

Encourage individual aspirations and see sport from all sides – scientific, cultural, psychological

1 two-hour lesson per week

6-week modules

Promotion of individual responsibility, leadership and drive to progress in a balanced range of chosen activities

Nurturing long-lasting enjoyment of physical activity

Minimum 1 hour per week

Choice of recreational or performance activities

Focus on work/life balance and individual choice

Understanding the role of physical activity in supporting mental health

Inter-House Competitions: DOBELL NEWPORT SPENCER WELLS