



Westborough High School Physical Education Journey

Striving for a Healthy, Active and Successful Future



Importance of PE

Creating A Better You

- Improves physical health and wellbeing
- Develops coaching and Leadership Qualities
- Improves Knowledge and Understanding
- Develops character and social skills
- Enhances technical performance

Celebrate success with an invite to the PE reward trip



Your Physical Education Journey starts here ...

Year 7

CREATING A LOVE FOR PHYSICAL EDUCATION

- Sign Up to One or More Extra-Curricular Clubs
- Represent The School On Sports Fixtures
- Earn Achievement Points
- Develop awareness of the value of PE (progress booklet)
- Bring Your Kit to Every Lesson
- Achieve High ATL Grades
- Find Your Love for Physical Education
- Celebrate success with an invite to the PE reward trip

Year 9

BROADENING SPORTING EXPERIENCES

- Assist with Local Primary School Festivals
- Lead A Healthy & Active Lifestyle
- Try A New Extra-Curricular Club
- Review Progress Booklet and Create Action Plan
- Attend Extra-Curricular Clubs
- Strive to Make Good Progress
- Research Subject Choices for Physical Education
- Make links with religious education/PHSE to SMSC in PE.
- Participate In School Fixtures

Year 10

STRIVING & THRIVING IN PE

- Research Career Pathways
- Participate in Sport Outside of School
- Review Progress Booklet
- Participate in ALL Physical Education Lessons
- Meet All Deadlines for Examination Courses
- Participate in school Fixtures
- Celebrate success at the PE awards
- Explore Opportunities Outside of School
- Continue Extra-Curricular Participation
- Enrich Your Personal Statement with Extra-Curricular Involvement
- Lead an Extra-Curricular Club

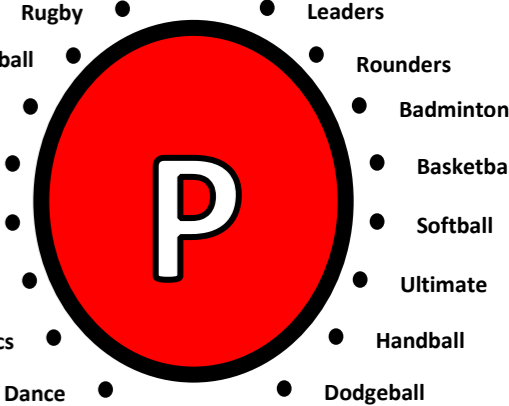
Year 11

CREATING HEALTHY AND ACTIVE FUTURES

- Leave WHS with a Love for Physical Education
- Explore Opportunities Outside of School
- Continue Extra-Curricular Participation
- Enrich Your Personal Statement with Extra-Curricular Involvement
- Lead an Extra-Curricular Club
- Complete Level 2 Sports Studies
- Complete the Duke of Edinburgh award
- Participate as a leader at the OAA summer camp
- Achieve MEG In Examination Courses



- Personal Excellence
- Respect & Friendship
- Inspiration
- Determination
- Equality



Making links from ADT with PE and taking responsibility for maintaining a healthy balanced diet.